SUGGESTION
A MONTHLY MAGAZINE
"Man's whole education is the result of Suggestion."

VOL. X. NO. 5. CHICAGO, MAY 1, 1903. $1.00 PER YEAR.

Suggestive Therapeutics

THIRTY-FIVE YEARS OF CONSTIPATION.*

BY HERBERT A. PARKYN, M. D., C. M.
Superintendent of the Chicago School of Psychology.

In order that the student may become familiar with the system we use in arriving at an accurate diagnosis of cases treated at the Chicago School of Psychology, I select a case in point, giving in an exhaustive manner the methods employed. This will be a sufficient guide in similar cases. We have taken hundreds such, and cured them without the use of a single drop of medicine. It is always possible to foretell the result which will be obtained in these cases, provided the patient follows out his part of the treatment.

The patient, M. C., male, unmarried, age 57, weight 156 pounds, presented himself at the clinic one morning, and when asked from what he was ailing, said: "I have been suffering for thirty-five years from constipation. I have tried everything I could think of that seemed likely to benefit me. I have consulted a dozen physicians and taken their medicines. These medicines always left me in a worse condition, although they moved my bowels while taking them. I haven't had one normal movement of the bowels in thirty-five years. For the past two years I have taken nothing internally, relying entirely on enemas. I believe if my constipation could be cured I should feel better all over. The doctors have always said that the constipation was the cause of my poor health. I came here because you cured a friend of mine, but my trouble is of such long standing that I don't believe anything will ever cure me."

*Reprinted by request from SUGGESTION of November, 1899.

THOUGHT CURE IMPOSSIBLE.

At this juncture I asked the patient to leave the room and addressed my class as follows: "You have all heard what this man has said, and I wish to point out a few things to you. This man believes all his trouble is caused by constipation. Now

constipation is not a cause of anything but hemorrhoids which follow the unnatural straining at stool which it requires. It is a symptom, generally of imperfect elimination, but sometimes of a contracted sphincter muscle or some other mechanical obstruction. However, a glance at the sallow complexion of this patient shows that, in his case, at least, it is likely due to imperfect elimination caused by imperfect nutrition. When nutrition is perfect every organ is well nourished and performs its functions properly. I venture to say that very few, if any, of the organs in this patient's body are working perfectly. I think we shall find that he neither digests nor assimilates his food properly. If this be the case we should find other troubles in his body resulting from imperfect nutrition.

"A tree is much like a human being. Give it plenty of fresh air, water and a rich soil, and it will flourish. In the same degree in which it is deprived of these does it wilt, and the first part of the tree to wilt when the nutrition becomes imperfect is the top. This is owing to the force of gravity; the blood of the tree, the sap, having to overcome this force of nature when nourishing the highest leaves. The blood of man is also affected by this same force, and the moment a man's circulation begins to run down, owing to stinted nutrition, we find that the first symptoms of trouble appear in the head. We should study these symptoms and be in a position to recognize them at once, for some of them precede such troubles as constipation and dyspepsia.

EFFECT OF IMPERFECT NUTRITION IN THE BRAIN.

"The brain failing to receive its accustomed amount of blood, such troubles as impaired memory, inability to concentrate the attention, sleeplessness, nervousness, irritableness, the blues and slight headaches develop; and the impulses sent all over the body becoming feebler, the various organs do not perform their functions as satisfactorily as usual. The impulses to the stomach and bowels becoming weaker and weaker, dyspepsia or constipation, or both, soon follow. As soon as these, the main organs of nutrition, are out of order, nutrition fails rapidly and more 'head symptoms' develop. Every impulse of the muscular system leaves the brain, and the strength of these impulses depends upon the nutrition to the brain centers controlling the various groups. As the nutrition of these centers declines, the whole muscular system, including the muscles of the bowels, becomes weaker and the patient complains that he exhausts easily. The impulses for elimination becoming weaker, waste products remain in the circulation, and any of the evils, which naturally follow this state of affairs, such as rheumatism, sick headache, biliousness, etc., are likely to develop. The centers of the special senses feeling the lessening of the vital fluid, such troubles as impaired vision, impaired hearing, loss of appetite (sense of taste) and inability to detect odors quickly follows. The sense of touch becomes more acute, and it is for this reason that one in poor health becomes hyper-sensitive. Lowered circulation in the mucous membrane of the throat and nose is often the cause of nasal catarrh appearing on the scene as an early symptom. This man believes his whole trouble is caused by constipation, but when we have taken a full list of his symptoms, many of you will think differently. I shall now recall the patient."

SYMPTOMS.

Briefly, the following is the list of

symptoms he gave, and I copy them from the record book: Memory, concentration, sight, hearing, strength, digestion, appetite, all impaired. Nasal catarrh, insomnia, hemorrhoids, constipation, biliousness, rapid pulse, vertigo, cold hands and feet, neuralgia, dry skin, rheumatism, inability to think quickly, all present. Amount of urine voided very scanty and highly colored. Eats very little food and drinks an average of one and one-half pints in twenty-four hours. Had operation for hemorhoids some years before, but they returned (cause was not removed). Sleeps not more than two or three hours each night.

Having finished recording the history of the patient's case, I took a seat directly in front of him. He was in a half-reclining position in the operating chair, and could see every expression of my face. Looking him squarely in the eyes, I addressed him earnestly as follows:

TALK WITH THE PATIENT.

"Mr. C——, you came here hoping that you might get well, and I am glad to be able to tell you that after considering carefully your present condition and the history of your case, we are confident that you can be made a sound man again. However, to bring about this result it will be necessary for you to follow carefully, for one month, the simple directions I shall give you. Now, I want you to promise that you will follow my orders faithfully for one month, and come regularly for treatment." Answer, "I promise." "Very well, I will not ask you to do anything very laborious. Mr. C——, you require more blood. To obtain this you must eat more food and drink more fluid than in the past. The healthy man requires five pints of fluids in the day to enable the various organs of his body to perform their work properly. You must be exact about this point. See that you drink at least ten ordinary glasses of fluid every day. Take not more than a good mouthful of fluid at one time, and take a dozen or more of them every hour. Every time you sip your fluids I wish you to remember the conditions we are endeavoring to bring about. Every time you do this you bring the force of auto-suggestion into operation, and this will assist in overcoming your troubles. A man can tell a story so often that finally he may believe it to be true. You must tell yourself about the changes which are to come about, so often, that they will actually occur. As often as possible repeat to yourself something like this: 'This water tastes good. It is intended to make me hungry, increase the amount of gastric juice, assist digestion and assimilation, increase the amount of bile, and cause my bowels to move at 7 o'clock every morning. It is to increase my nutrition, improve elmination, and make me feel better all over. I shall be happier, more cheerful, more energetic, and must sleep soundly each night at 10 o'clock.'

SUGGESTION.

"Mr. C—, try to think over these things fifty or one hundred times a day. Think only of things as you wish them to occur. Avoid discussing your ill health with friends. In fact, say nothing about your physical condition until you can tell everyone around you that you are feeling better. For the present, cease taking medicines. If necessary to administer anything internally we can prescribe later. However, I am certain that you will not require one drop of medicine, and inside of a day or two your bowels will be moving freely.

"Now, Mr. C—, close your eyes and relax every muscle in your body; that's right

(pause). You have relaxed nicely all over and I have your whole attention. Every word I utter now will sink deeply into your mind, and every suggestion of health I give to you will take form in action in your body. Listen, Mr. C——, you will be hungry, hungry, hungry for every meal, thirsty, thirsty, thirsty all the time. You will sip, sip, sip at your fluids all day long and fifty to one hundred times a day you will think of the condition of health which must come to you. Your stomach will digest everything you eat. Your appetite will increase and, shortly, you will be eating and drinking as much as the strongest man you know. When you are eating and drinking as much as a strong man, you will be generating as much strength as he does. In fact, you will become as strong as the strongest man you know. You will practice long, deep breathing. Get plenty of fresh air and practice deep breathing a number of times each day. Your bowels will move freely every morning at 7 o'clock—at seven o'clock—do you hear?—at seven o'clock every morning. Keep the appointment at that hour whether the inclination be present or not—at seven o'clock each morning. Then you will sleep, sleep, sleep at ten o'clock every night. Your whole system will undergo a change at once and you will sleep every night, commencing to-night, at ten o'clock, you will sleep—do you hear? Mark the hour—at ten o'clock to-night—at ten o'clock every night."

STIMULATION OF THE BRAIN CENTERS.

I kept up suggestions such as these for about five minutes, as well as others that applied to his condition, repeating them over and over. I then lowered his head for two or three minutes, using manipulations around the head and neck. I let the patient understand that this was to stimulate the various brain centers by increasing the amount of blood in his head. Having kept his head down for two or three minutes, I raised it and once more went over the same suggestions given before. The patient was then allowed to rest in silence for a minute with direction to think over what had been said to him. He was then aroused and told to come regularly for treatment.

IMPROVEMENT THE FOLLOWING DAY.

The folowing day he reported that his bowels had moved shortly after his treatment the day before, as well as that morning, and that he had a better appetite, but had not slept very well. The next day he reported that he had slept better, eaten better, felt stronger, and that the bowels had moved again.

The force of any suggestion depends largely upon the number of times it is repeated. The oftener a piece of poetry is repeated the more indelibly it becomes imprinted in the mind. It is so, also, with a therapeutic suggestion; the oftener it is repeated the more potent it becomes, even though the treatment may seem monotonous. For this reason this patient was given almost the same suggestions day after day during his whole treatment of six weeks. The suggestions evidently became fixed in his mind, for the results were most gratifying. From day to day the patient gained steadily, one trouble after another disappearing as his nutrition improved. He seemed to follow every suggestion, for at the end of six weeks his weight had increased from 156 to 170 pounds; absolutely every complaint had disappeared, and the patient declared that he was in better health and spirits than he had ever enjoyed. This was a typical case, and the treatment was typical of the plan I adopt in these cases.

The Annular Theory

By PROF. ISAAC N. VAIL, Pasadena, Cal.

SECOND PAPER.

In explaining the Annular Theory I have followed one of two methods. In my publications thus far I have kept mostly to a line of geologic and astronomic thought, showing that the present earth-conditions are legitimate and necessary results of a *succession* of causes. Succession is a feature stamped as with time's relentless chisel all over the geologic column, and the student of nature asks, "why?" I think if the successive collapse of earth-rings—vapor canopies—was not the all-competent cause of the successive world stages, we shall never know the cause.

In these papers I have taken up another line of thought in an attempt to prove that man in his cradle-time saw the last remnants of the earth's ring-system, floating as a vast cloud-shell of vapors, for thousands of years within the very bounds of the atmosphere. I will show that man saw *succession* in world-stages even then, and that this grand manifestation of the evolution of skies is found fossilized in strata all up and down the ancient beds of human thought, in such a manner as to prove what I have called Canopy Succession.

If I succeed in showing that the human family once lived under a vapor heaven, or watery canopy, such as some of the other planets now have, and that old world-thought is simply an uninterpreted history of that great material *world-master,* if I do this, there can be no escape from the conclusion that some of the fire-formed waters that went to the skies from the molten earth, *did not fall back* to the planet immediately after the earth cooled down, but remained as potent factors in world-evolution all through geologic time, as I have certainly shown in my *"Waters Above the Firmament."*

Thus my present line of inquiry will be to supplement what I have published, or rather to add another proof of the Annular Theory; for, if man saw those lingering vapors, then the old school geologist is mistaken, and the great edifice he has reared on a false conception must be taken down and rebuilt on the immovable rock of *Annular* World-Evolution. We shall see.

I will first take my patient readers into the old thought-quarries of Pelasgian Greece, because the fossil thought of that land doubtless is familiar to most of them.

The earliest legendary annals of the old Helenes or Greeks tell us that that people worshipped Ouranos as a god. This was certainly a very natural act, for that is the old Greek name for the heavens, as is well known. If my claims be valid, then Ouranos was a canopy of Celestial Vapors, which had come down from the loftier region of the earth's rings above the equatorial world; and when we begin to critically examine the history of this celestial world-regulator, we find the most positive evidence that he was not a permanent heaven, but an ephemeral one, and the *canopy* comes at once into sight.

The *Theogeny* of Hesiod tells us Ouranos came from Chaos or Space—that he *came from afar to embrace Mother Earth.* As this is just what a vapor heaven must do, as it descends from the earth's annular system anchored in the loftier skies, we can hardly fail to see the fossil concept here, of a heaven of primordial vapors. Let us not forget this distant origin of the Greek heaven, for we will again call it into court. Now, I want mythologists to tell us why it was ever an element in ancient Greek thought that Ouranos, or Heaven came from space to embrace the earth? We can readily see why men worshiped it when we understand that somehow man came to know that some all-controlling agent had come from space as a "world surrounder," and like a great green-house roof, had made a green-house earth.

All men know that a vapor heaven would banish the extremes of heat and cold, and make a tropic earth from pole to pole, which has been the case repeatedly in the geologic past, and this brings to mind that old fossil tale of a "Golden Age" of ease and comfort, which both Homer and Hesiod alluded to. A greenhouse world-roof means perpetual spring. It means, too, that as the sun's light was intercepted and diffused among the vapors, the ancient Greek sun was the vast canopy—a sun as large as the big round sky. Then, too, night must have turned into day in a way now unknown. Storms and tempests and thunder and lightning must have been silenced, for all these phenomenae are dependent upon solar energy exerted on the earth's surface. This is so well known that I need not do more than state the fact. When, then, we are told that the Greek heaven came from space, and surrounded the earth, we must naturally look for a greenhouse world—a Golden Age—a stormless and winterless time, and it is an unexplained fact that during all that unmeasured period, when Ouranos ruled the skies, no mention is made of the change of seasons. *That* heaven never thundered.

If that heaven was a canopy, it was humanity's sun; and must have moved with incredible swiftness over the firmament. This will explain why the sun of the Ouranian heaven was called Hyperion or the *"Swift Mover."* Here, again, we might call on the classic scholar to tell us why the old Greek sun was called the "swift one." The name does not belong to the true sun, which no primitive race *saw in motion.* Viewed at any time, it is apparently stationary. Thus those are manifest elements in Greek fossil thought, which separately and combined support the claim that Ouranos *did come from afar* and embraced Mother Earth *as a Vapor Canopy.*

I presume my readers can already see that if this be a true conception as portrayed by Greek tradition, their old heaven was an ephemeral one, and had to pass away under the dictum of celestial law and order. It is then with great satisfaction that I turn again to the Greek annals and learn the oracular announcement that Ouranos was a heaven *fated to fall* as all who have read old Greek literature know. *Themis,* daughter of Heaven, was a prophetess because she was Law and presented the the order or trend of events. The legends state that she told her parent he was fated to fall from power and be banished at the hands of his youngest son. Now, what does this mean? Heaven banished! If the Greek Ouranos was not an ephemeral vapor-heaven, what kind of a heaven was it? If we have not a succession of heavens here, it will require a

stronger head than mine to settle the problem.

What, then, was the ground or basis of the old suggestion that Ouranos should fall? Simply Themis or "order." In other words, it was a well known fact that the ancient order of skies was a *progressive* and *successive* one, in which heavens were fated to disappear and be followed by others, and this means simply *canopy evolution!*

It is further stated that Ouranos, fearing the fulfilment of the fate pronounced by the Goddess of Law, thrust all his sons out of heaven, and back into the womb of earth. These sons of Earth and Heaven were canopy features, given by Earth to Heaven, and which Heaven sent back again. They were simply features that arose to heaven from one horizon and set in the opposite horizon. But notwithstanding this precaution, Heaven's youngest son mutilated his father and drove him into exile.

The manner of this usurpation of celestial authority is well known to the classic student. To dilate upon this supernal tragedy is to show how plainly every particular of it was a canopy process. The one all-prominent scene presented was the progressive collapse of the Earth's Annular System, continued all through the "ages" and into the human period. Men call this thought a "myth," but a myth explained, is no longer a myth. It becomes history, and thus far we plainly have an opened door into the threshold of a new world.

I presume every one of my readers can see that the power that banished the old heaven was a new heaven. As a canopy passes away a new heaven must occupy its place, and all can see that the *youngest* or *last* son of an old heaven *must be the* usurper. Hence it was fittingly said by Themis, or Law, that Ouranos would fall at the hands of his youngest son. Now, Kronos was the name of the ungrateful son—Kronos, "the time giver." Are we to understand that time was not measured in the Ouranion age? How could there be a time giver, if the true sun was concealed? The canopy was humanity's sun forever rising and forever setting, without any true alternation of day and night. The vast illuminated expanse surrounded the earth and "shone on all sides 'round."

We see there was a vast meaning in the declaration that the old heaven was mutilated and banished by the "time giver." But what was that time giver? Was it the true sun or the true heaven, or was it another vapor heaven? The fossil thought-world tells the tale. The legends say further that Kronos' parents (Heaven and Earth) told him that for the indignity he had shown his father he would also be banished. Because you have banished your father, your *youngest son will banish you.* Then the time giver was not the true sun, nor the true sky, but another canopy, for the true heaven cannot be banished. Moreover, the legends further say that notwithstanding Kronas swallowed all his sons as fast as they were presented by Mother Earth, yet he actually was driven from power by a *concealed son.* Here is celestial succession emphasized, and it is canopy evolution or it is simply nothing.

Taking all this fossil testimony into view, we have Kronas, a second sun illuminated canopy, but thin enough to give a visible measurement of time. The Golden Age still continues, for the classic poets allude to the "Golden Age of Kronos." There is a vast volume of ancient literature which if I had time to abridge and insert here would still further establish this

Kronas as a thin vapor heaven, but I must push on.

Kronos lost his throne at the hands of his youngest son, whom the Greeks called Zeus, a *concealed* or *hidden heaven,* and we very naturally conclude that this heaven was the *true* heaven, for such only could have been the concealed one, and we do not have to search far till we find Zeus was the "immortal" or "eternal Zeus." The "god that *was,* and *is,* and *is to be*"—terms that cannot in any sense apply to an ephemeral heaven.

The simple truth that Kronos, a temporary celestial god, gave place to a *hidden* deity as an infant in the care of celestial concealers, is overwhelming testimony in favor of canopy order.

Then, too, we find ever after in Greek thought Zeus is the god that wields the thunder, and he was the first power that is mentioned as controlling the artillery of the true heaven.

The legends say this infant god was cared for by the concealing *Curetes,* the *"runners,"* and in these we can only see the concealing vapors that hid the *infant sky.* These caretakers of the child-heaven fed the immortal Zeus on honey supplied by *"golden bees,"* and the young god grew into power and took charge of the lightning the same year he was born. The golden bees were the hidden stars which men had learned of in the highest heaven.

Now, all this fossil testimony means something; and the philosophic student can only come to one overtowering conclusion: the true sky and the god that controlled the thunder came into power and under the cognizance of humanity *after two vapor heavens passed away.* I want my readers to bear this thunder god of the true heaven in mind, for we will find that all peoples had a thunder god which came into power as the *third* in the succession of celestial powers. I have given but a tithe of available testimony on this most vital theme. The vast volume of Greek literature is simply saturated with it, and this is the reason that so much of it is called myth. The day will come when myth will be history. When we go from Greece to Latin Rome, we find the same celestial succession and the same sun-illuminated canopy. When we find Latin thought presenting an ephemeral heaven, the learned ones tell us Rome borrowed its ancient thought from Greece, I must dissent. The Latins had their own gods, and much less did they borrow their heavens from the Greeks. Of course, all races in the same latitude had the same vapor skies, and they saw the same celestial movements; hence there is a natural relationship in the mythology of peoples in the same latitude.

The oldest celestial god of the Latins was *Coelus,* which is the Latin name for Heaven. This god also married Mother Earth and had a numerous progeny. He, too, was told by the trend of natural changes that he would lose his throne. He tried to hinder the fulfillment of the prophecy, but lost his scepter at the hands of his youngest son, Saturn. There was thus a Roman succession of heavens, as well as Grecian. Saturn feared his sons would usurp his power, and devoured them as they arose from the earth to the skies—the very thing a sun-illuminated canopy must do, as vapor forms reach the zenith, because in that region all vapor forms are enlarged and diffused. But Saturn could not devour his youngest son, who finally drove his father into exile and took command of the celestial empire, under the name *Jupiter.*

Now, the Latin Jupiter was the *immor-*

tal deity, and seems to have almost the same attributes as Zeus of Greece. Thus we find in Roman thought an immortal sky-god exalted to power eternal, after two ephemeral heavens pass away.

As Jupiter is the third in succession, we should find him in command of storm and tempest, thunder and lightning. Who has not heard of "Jupiter Pluvius?"

In retrospect we fail to find that either Coelus or Saturn were in any way connected with the phenomena of the true and highest heaven. Storms of rain and winds are ever associated with the third deity in the dynasty of the skies. Let us watch and see how invariably this is the case among all ancient peoples.

Very late in the human period the last canopy opened up the true heaven and the sun shone down upon the equatorial world as well as upon the temperate zones, while the lingering vapors moving on to the poles kept the mother heavens a shining grandeur of canopy circles, girding the north polar skies. Thus the Northmen beheld this succession of skies at a much later time, but they, too, sang the "Home of the Circles" as the Germania and Teutonic races sang the *"Nebulungen Lied,"* the "Song of the Cloud."

Among these northern races we find the same hidden skies, and the same sky-concealing vapors. *Bor* is the first heaven worshipped as a god. He passes away, and Odin succeeds him. Thor, the thunder-god, was Odin's son and succeeds him as the third in the family of skies. One of the most conspicuous references to canopy scenes in the far north is that of the battle of the gods in *Ragnarak,* when the *"heavens opened"* and Surt, the hidden sun, "came riding through the gap" in shining grandeur.

There is a vast amount of north-world thought that did space allow I should like to dig up for this occasion, but these instances must suffice. Will my critics claim that the northern races borrowed from the Greeks? In my next I shall gather mony from peoples so far away from rope that none will charge them with rowing or stealing.

Suggestion in Education

By Newton N. Riddell,
(Continued) Extract from "Child Culture."

CORPORAL PUNISHMENT.

Corporal punishment is a relic of the age of brute force. It should never be resorted to except in extreme cases where all other methods have failed. It is never necessary where a child is properly managed frm the first, but may become necessary in the reformation of the spoiled child. My experience has been that when a child is so utterly bad that it cannot be touched by kindness, love or counsel, can not be influenced by suggestion or example, it is seldom materially benefited by punishment.

The parent often finds it necessary to spat the little, meddling fingers. The young explorer in his search for knowledge must investigate everything about him and as a result is sure to trespass on the rights of others and meddle with

many things not intended for his use. "Thou shalt not" applies to all, and the child must learn this law very early in life. Now, since it is able to feel before it can think or understand, physical punishment, is often the quickest, if not the best way to make an impression on its conscience. But this appeal to the soul through the sense of pain, if employed at all, should be used as little as possible and stopped altogether as soon as the child is old enough to be reached through its intellect, love, or conscience.

HOW TO PUNISH.

Some form of punishment is necessary in the regulation and control of nearly every child; but this does not necessarily imply physical punishment. Punishment should begin with the highest attributes in the child's nature susceptible to influence, and descend to the physical only as a last resort. That is to say: the parent should first strive to punish or produce the desired results by awakening its conscience. If this fails then appeal to the self respect or the affections. If these are ineffectual then the child should be denied something that it wants, or compelled to do something it does not want to do. Finally, when all of these have failed physical punishment may be justifiable.

Corporal punishment should never be administered when either the child or parent is vexed or rebellious. The parent who strikes or whips in anger is unfit to have the management of any sentient life, much less the management of a child. To whip a child when rebellious, positive, or angry, only aggravates the rebellious spirit and augments the conditions that made whipping necessary.

If a child has done wrong and is to be punished for it, the punishment should be postponed until the following day, that both parent and child may have time for due consideration of the offense and the penalty to be administered. When the appointed time arrives the parent should talk to the child lovingly and kindly about its error, its rebellious spirit, and the necessity of the punishment. It should be made to understand it is not being punished out of revenge, but to help it to do right; that this is all contrary to the wish and desire of the parent, and is resorted to only because everything else has failed. Punishment to be of any practical value must be sufficiently severe to make a deep, abiding impression. Afterwards the child should be treated kindly, and earnestly encouraged to do right, with the assurance that if it does so, the painful experience will never be repeated. One or two such whippings usually are all that are required for the control of even the most rebellious child.

THE BETTER WAY.

The better way is not to whip at all. In my dealings with the child, I have never used any form of corporal punishment, nor do I recommend it to others.

Love is the only power that will conquer a child, a people or a nation. All victories won by force are but battles deferred.

A rebellious spirit overcome by kindness will seldom trouble the parent again, but if suppressed by threats and force it is sure to become manifest at the slightest aggravation. Punish a child through its love and conscience and you make it a conformative, sweet, amiable companion; punish it by fear and torture and you make it a rebellious slave.

Bertha Meyer in her work on "Family Government," says: "A parent who

does not know how to govern a child without whipping it ought to surrender the care of that child to some wiser person. Sportsmen once thought it necessary to lash their dogs in training them for the field. They know now that the whip should never be used. Horsemen once thought it was necessary to whip colts to teach them to start and stop at the word, and pull steadily. They now know that an apple is better than the lash, and a caress better than a blow. If dogs and horses can be thus educated without punishment, what is there in our children that makes it necessary to slap and pound them? Have they less intelligence? Have they colder hearts? Are they lower in the scale of being?

"We have heard many old people say: 'If we were to bring up another child we would never whip it.' They are wise, but a little too late. Instead of God doing so little for children that they must be whipped into goodness, He has done so much for them that even whipping can't ruin them—that is, as a rule. Many children are of such quality that a blow makes them cowardly, or reckless, or deceitful, or permanently ugly. Whipping makes children lie. Whipping makes them steal. Whipping breaks their spirit. Whipping makes them hate their parents. Whipping makes home distasteful; makes the boys runaways; makes the girls seek happiness anywhere and anyhow. Whipping is barbarous. *Don't whip.*"

NO MAGNETISM IN HUMAN BEINGS

By DR. PAUL EDWARDS, Editor THE MENTAL ADVOCATE. CHICAGO, ILL.

In these days of 'isms and 'ologies we find much that will not bear the light of truth. In the new thought there is a great deal said about the power of "human magnetism," and its effect on persons and disease.

Probably no man has ever taken the trouble, as has the writer, to look into "human magnetism" to see just how much of a lodestone we mortals are. This subject is interesting from two points at the present time: Because the legislature of Illinois has passed a law making "magnetic healing" a criminal offense, and because of its supposed scientific value.

Now, *there is no such thing as "magnetic" healing!*

With a view to explaining why the writer has made the above statement so forcibly, he will quote his experience with the great scientist, M. Camille Flammarion. The tests were very searching, and not only directed to detect the presence of magnetism but electricity as well.

In Paris in 1899 Professor Flammarion (who is the astronomer to the French government) challenged the writer's assertion that his cures were made by mind force. The professor claimed that the writer was magnetic, and cured by throwing this force, or fluid, into his patients. The great savant grew eloquent in his contention, and challenged the writer to a test; the terms were accepted instantly. The

writer was then dining at the professor's table, where full details were arranged.

All parties met at the house of a mutual friend, where the professor proposed to apply his test. Producing a very sensitive little instrument called a magnometer, with dials and indicators not unlike that of a watch, and laying this upon a table, he requested the writer to circle his hands around it, as he would over the head of a patient when curing fever or insomnia. The writer did so, and the fingers stood still—not the least affected. The professor was astounded, grasped a knife, placing it near the little machine, and the hands or indicators moved easily in all directions. "I am satisfied," said he, "that there is no magnetism in you, Dr. Edwards."

The professor then sent the writer a letter asking that he (the writer) submit himself to a process of scientific photography, declaring that as the writer was not magnetic, he certainly must be electric. Professor Stebbing, of Paris, was then named to adjust the camera after the best known methods for photographing the luminous emanations of electricity. The posings were at midnight, and the calcium wire light was sent against the writer for thirty seconds, then extinguished, and the posing continued for one minute in absolute darkness. These posings, with variations of time, light and darkness, were continued up to eight in number. Proofs were finally got, and *not a single trace of light was betrayed* in the whole process.

Professor Flammarion was impatient for the result, but when it came he manfully yielded to science. These tests were entirely original, not theoretical, and are of profound interest to every scientific investigator. The writer now holds the photographs. These tests prove the writer's contention that the human body offers no permanent abode for electricity or magnetism. We can only retain electricity as long as we are connected with the source of supply (a battery). Just as soon as we drop the electrodes, the charge drops into the earth, and we are immune.

A magnet is made by placing another magnet in contact with a piece of soft iron. We know that such substances as wood or flesh cannot retain electricity or magnetism.

Magnetism always flows in a circle, called the magnetic circuit, hence cannot be projected into space, or into a distant object. The greatest magnet is our earth, which emits currents of this subtle fluid from the north pole around to the south pole, thence again turned northward, entering the place of beginning, or north pole. This current is so weak that the mariner's compass must be exactly balanced, else it will not point northward. Even with the best adjusted compass, there are variations, sometimes of several degrees, because of the lodestone near the north pole.

The writer gives these minute items to show how very weak magnetism really is, even when the *earth* is the magnet used.

To show that magnetism never leaves its circle or circuit, we will make an experiment thus: Place a bar magnet on the table; take a piece of glass, or common brown paper 6x8 inches square, and lay it over the magnet; sprinkle over the paper some fine iron filings and watch them. Very soon the filings will become active, and arrange themselves in a circle toward the outside of the glass or paper. Now take more filings, and place them outside this circle, and you will find that they are not affected by the presence of

the magnet, thus showing that the magnetic current does *not* extend beyond its own chosen circuit.

When the experiment with the glass and bar magnet is made, let a few grains of sawdust be sprinkled over the glass, and the magnet will have no effect on the wood; likewise sprinkle over a few grains of dried animal or human flesh, and the effect will be nil. This again proves that magnetism will not take up its permanent abode in the human economy.

Even if the human being is a magnet, how is it to project this power, or its magnetism, beyond its own described circle? The thing is impossible! Some may argue that the "magnetic" person only hopes to use his "force" when in actual contact with persons he desires to heal or influence. Let us see what Professor Barrett says on that point:

"The experience of those who have worked with (actually handled) great magnets, and of men of science generally, is entirely opposed to the notion that magnetism can be felt, or can exert any good or ill effects on the human body, or other organisms, and that we have no magnetic sense."

Professor Barrett made a long exhaustive examination of this subject for the Psychic Research Society of England about five years ago, and found that human beings were void of this force.

The writer knows the habit of calling great orators "magnetic." It is common to say that these gifted persons draw great crowds because of their so-called magnetic drawing powers. It will be noted that these "magnetic" orators are men of great brain power, and in fact, master minds, capable of using inspired words, clear logic and sound philosophy. These qualifications draw the crowds, not some hidden, invisible, mysterious force.

Webster, Clay, Lincoln, Garfield, Calhoun, Beaconsfield, Demosthenes, Pericles, Plato, Cicero, Caesar, and many others were said to have been "magnetic" orators, but actually used no other power than that of their great *minds.*

We often hear of a magnetic person throwing his mysterious fluid miles away to influence other persons. This is as impossible as to throw one's breath across the Atlantic ocean.

The same holds good with electricity. No sooner do we become detached from the electrodes than the earth snatches all the electricity from us. We can only retain these forces so long as we are connected or in actual contact with the source of supply.

The writer is not opposed to any truth that can be demonstrated, but feels that many persons are being misled on the subject of magnetism. So far as he knows magnetism never seeks any abode except in metals, such as iron, copper, etc.

All that is claimed for magnetism is actually done with *mind* force. To this power, and none other, must we give credit for all possible things. Mind is the force that reaches all things, for it is the creator of all things. Everything in physical creation is the result of mental mandate. Every cure made since man has been sickly has been wrought by the power of some one's mind.

Mind is master of all things! Mind is back of every created thing, visible and invisible. Let none dispute its sovereignty over the universe it has created out of itself.

Let man know the power of which he is an integral part.

The Mission of Skepticism

By Mary Frazee, Chicago.

We need faith, who live in this world. There are mountains to be moved. The rough places are to be made plain. We must have faith in ourselves, faith in the world, faith in the final outcome of things. Faith in the past, that its progress has been the healthful and natural out-working of primordial forces of whose kingdom and power there is no end. Faith in the present, that it is the day of our opportunity, the hour that has called us into being, and that shall forevermore feel the impress of our life and work. Faith in the future, that it holds in the glorious beauty of its own completeness the full fruition of all promised good.

We must have faith in people—in their goodness and purity, their kindness and gentleness, their honor and integrity. We must turn such hearty confidence toward every fellow-creature that he must needs, whether he will or no, come to what we think him, and to measure to us again the measure we have meted out to him.

We must have faith in knowledge—in the accumulated science and wisdom and philosophy of the ages and of our own day. We must hear the message of the poet, the seer, the historian—all these myriad voices that come to us classic and beautiful, out of the past; and we must listen no less to the discoverer, the inconoclast, the reformer—the unheralded and revolutionary voices of our common-place and work-a-day present. We must have faith in power, in energy, in strength, within and without ourselves, confident of the perfect harmony between the forces of the universe and the forces of the self, knowing that that which is outside us but awaits our bidding and our ultimate control. Our creative power, our doing, our achieving, depend upon our faith in our own innate ability, faith in the forces we handle, faith in the absolute faithfulness of all that is good.

Without faith, we can create nothing, move nothing. Whether we make a shoe, or a house, or a sonata, we must have faith. Doubt bakes no bread, rocks no cradle, sings no song. Doubt weakens, destroys, casts down. Doubt estranges nearest friends, brings tears and heartache all unmerited, fills all the day with gloom. Doubt is the foe of joy, of courage, and of work. Whence, then is doubt?

To many a sad indictment it seems that doubt must admit its guilt, and we are prone to hold it as a traitor and a foe. But looking closely at the face of doubt, we see it that of a friend. It is not faith, it cannot do faith's work, but because of it faith sees new truths, climbs new heights, enters new kingdoms. It opens new windows of vision, new doors of opportunity. Doubt is the servant of faith, and it exists only that faith shall be made perfect. It tries faith so that whatever there be of falsity or imperfection shall be done away. It is faith's most faithful critic. It makes faith clear-eyed and strong. It tears down that faith may build more large and fair. Faith sees more, knows more, does more, because of doubt.

Truth wears many a mask and assumes a legion of disguises, and it is the faithful hand of doubt that strips these off. Belief and skepticism are the most ancient

antagonists, and it is through their struggle that man has found, and is ever finding, the truth. Doubt questions that faith may affirm. Doubt is the saving unrest that spurs faith on. We need the "doubt that dares to question" if we are to have the "faith that dares to cleave." Without her ancient enemy, doubt, faith were but a weakling. Doubt exists, then, not for doubt's sake, but for truth's sake.

We may listen, then, fearlessly to the voice of doubt. It is the cry for light. It is the demand for truth. It is the divine dissatisfaction that is never content until the Is and the Ought to Be are one.

"All of us stumble at times."

"Everybody understands a smile."

"No man is a failure who tries to succeed."

"The laws of thought are the laws of the universe."

"A great soul is always earnest, sincere, tolerant and reverent."

What is there that can justify tears and lamentations?—*Buddha.*

The mind is everything. What you think, you become.—*Buddha.*

A gentle hand can lead even an elephant by one hair.—*Persian Proverb.*

If you would have all the world love you, you must first love all the world.—*Old Proverb.*

He has not learned the lessons of life who does not every day surmount a fear.—*Emerson.*

The entire object of true education is not merely to do the right things, but enjoy the right things.—*Ruskin.*

I sometimes hear a person say: "I don't see any good in him." Then you are no seer. Look deeper, and you will find the God in every human soul.—*Exchange.*

Step by step keep your path, even though some frowning mountain bars your road. When you reach its forbidding slope plod up the steep and winding way, over the beetling crags and through the darksome forests. From the summit you shall sweep a horizon such as you would otherwise never have dreamed of.—*Exchange.*

Do not worry, eat three square meals a day, say your prayers, be courteous to your creditors, keep your digestion good, steer clear of biliousness, exercise, go slow and go easy. Maybe there are other things that your special case requires to make you happy, but, my friend, these I reckon will give you a good lift.—*Abraham Lincoln.*

Dreamless sleep is a myth, says Sir Arthur Mitchell in *The Scottish Medical and Surgical Journal.* The absence of a knowledge of having dreamed furnishes no proof that dreams have not taken place. The watcher by the bedside of a sleeping person may have what he regards as satisfactory evidence that the person is dreaming, yet that person, when the sleep ends, may feel quite positive that dreams have not taken place.

DOES MEDICINE CURE?

BY I. L. UNTERBRINK, PS. D.

OTTAWA, OHIO.

The December and January issues of your esteemed magazine contained each a very interesting article on the subject "Does Medicine Cure Disease?" The article in the December number was written by Dr. Caldwell, an old druggist. The reply, which appeared in the January number, came from the pen of Dr. Corbin, an experienced physician. The former answers the question in the negative; the latter in the affirmative. According to the druggist, "medicine is a great humbug," a "colossal system of self-deception," upheld only by superstition and fraud. The physician objects to these terrible charges, and insists that the list of diseases that medicine does not cure is slowly growing smaller.

Here we have the oft-repeated spectacle of a conflict between representatives of medical science. Who is right? I cannot avoid a few suggestions in relation to this important question and hope they may prove acceptable to your many intelligent readers.

Either medicine cures or it does not. If it does, many of the great leaders of thought the world over and medical reformers everywhere are wrong, and do much harm by increasing the tendency toward medical skepticism for which they are largely responsible. If, however, medicine does not cure, medical science as now taught, if not "a great humbug upheld by superstition and fraud," must certainly be disastrous in its results. The question is therefore of vital importance to suffering humanity and deserves careful attention by every lover of the truth.

My observations during the past quarter of a century as student, teacher and traveler, the constant and intimate associations I have had with members of the various schools, and my experience in the field of psycho and hygienic therapy, have forced me to the conclusion that the answer to this question cannot be found in the laboratory or dissecting room, and has nothing to do with the recovery from disease after the administration of so-called material remedies. The solution evidently rests with those who have recognized the source of health as being independent of any material agent, action or thing.

Most of the fine spun theories that have grown out of our boasted knowledge of the material sciences have but multiplied so-called healing systems, and must be held responsible for the stolid bigotry, sordid selfishness and unpardonable prejudices of many to whom the sick look for aid and advice. More than a dozen systems now claim the attention of the public. Many of these systems are diametrically opposite in theory and practice. What one advocates as a certain remedy, another denounces as a positive injury. The remedies range all the way from cod liver and croton oil to bread pills and down (or up) to the mysteries of the one mind theory.

Thus we have Allopaths, Homeopaths, Eclectics, Regulars, Hydropaths, Osteopaths, Physical Culturists, Magnetists,

Dowieites, Christian Scientists, etc., ad nauseum. The system exerting the greatest influence enjoys the largest patronage and—the strong arm of the law. All have cures to their credit, otherwise they could not exist. And the inexplicable formulas of the Christian Scientists are as successful, all things being equal, as are the well tried drugs of the Regular. To deny this is to confess ignorance of the facts, or dishonesty, and perhaps both.

The limited space of a magazine article forbids me to point out the nature of the conflict between different schools. Nor is this necessary. The readers of SUGGESTION know that the *pre*scriptions of one school constitute the *pro*scriptions of the other. In other words, the medicine recommended by the one is forbidden by the other. The patients under either treatment recover. I ask, do they get well by the aid of medicine or in spite of it? Whatever the answer, the fact appears that the cure is not in the system or its so-called remedies, but must be looked for elsewhere. If this is true, Dr. Magendie was right, and so are many other recognized authorities who declare that medicine does not cure disease.

But does not a solution of adrenalin cure acute conjunctivitis? Not necessarily. One patient indeed gets well by having it dropped into his blood-shot eyes, but another is not even benefitted by its use. A third can't get relief at the hands of the family doctor but swears by some patent nostrum. A fourth needs a barnyard remedy. A fifth a "Mother Shipton," or a Mother Eddy. And so on.

The iodides cure luetic tumors and syphilitic ulcers, sometimes, no doubt, and sometimes they lead to the operating room and to the silent majority. Hyoscin hydrobromate has cured puerperal mania. So has a bunch of beautiful roses. But the anodynes stop pains. So does the "laying on of hands." Results prove that medicine cures. Results prove that no medicine cures too. Medicine "gets there" more quickly. Not always. A gentleman who was troubled with a pain in his side, and who had taken a barrel of medicine and all manner of treatments, was suddenly cured by stepping off a curbstone. Another gentleman, a minister, found his backache gone one morning after dreaming that he was positively not troubled with Bright's disease.

Ah, my dear readers, the *vis medicatrix naturae* permits meddling with the mending forces, often to the detriment of the sufferer; but never does Nature yield her divine prerogative to heal disease, and respects neither the sincerity or honesty of purpose in the individual, nor his learning, unless substantially based upon her immutable laws. There is a wide field for the "shyster" in medicine, not so much because of his dishonesty or want of ability, but rather on account of the lack of a standard by which to recognize him.

I believe psychological science, commonly called *Suggestion,* holds the key. No one who is unwilling to investigate *Suggestion* will ever unlock the door to the truth in answer to the question "Does Medicine Cure Disease."

Premium Books.

SUGGESTION 1 year and Secret of Sex—Taber, $1.00.

SUGGESTION 1 year and Marriage, Motherhood, Health and Hygiene—Greer. $1.00.

SUGGESTION 1 year and Spookland—Henry. $1.00.

SUGGESTION 1 year and Hypnotism Up to Date—Flower. $1.00.

SUGGESTION 1 year and Magnetic Healing at Home and Abroad—Du Bois. $1.00.

SUGGESTION 1 year and True Metaphysical Science—Southworth. $1.50.

SUGGESTION 1 year and Child Culture—Riddell. $1.50.

SUGGESTION 1 year and Thought Force in Business and Every Day Life.—Atkinson. $1.50.

SUGGESTION 1 year and Consumption and Rheumatism—Dutton. $1.50.

SUGGESTION 1 year and The Law of Psychic Phenomena—Hudson. $2.00.

Send in several new subscriptions and secure several of these valuable premium books.

Quiet Ways Are Best.

What's the use of worrying,
Of hurrying
And scurrying,
Everybody flurrying
And breaking up their rest,
When every one is teaching us,
Preaching and beseeching us
To settle down and end the fuss,
For quiet ways are best.
The rain that trickles down in showers
And blessings give to thirsty flowers,
And gentle zephyrs gather up
Sweet fragrance from each brimming cup,
There's ruin in the tempter's path;
There's ruin in the voice of wrath;
And they alone are blest
Who early learn to dominate
Themselves, their violence abate,
And prove by their serene estate
That quiet ways are best.

Nothing's gained by worrying,
By hurrying
And scurrying;
With fretting and with flurrying,
With tempers often lost.
And in pursuit of some small prize
We rush ahead, and are not wise,
And find the unwonted exercise
A fearful price has cost.
'Tis better far to join the throng
That do their duty right along;
Reluctant they to raise a fuss,
Or make themselves ridiculous.
Calm and serene in heart and nerve,
Their strength is always in reserve,
And nobly stand each test;
And every day and all about,
By scenes within and scenes without,
We can discern, with ne'er a doubt,
That quiet ways are best.

—*Silver Chain Messenger.*

Oh, heart of mine, we shouldn't
Worry so!
What we've missed of calm we couldn't
Have, you know!
What we've met of stormy pain,
We can better meet again,
If it blow.

For we know not every morrow,
Can be sad;
So, forgetting all the sorrow
We have had,
Let us fold away our fears,
And put by our foolish tears,
And through all the coming years,
Just be glad.

—*James Whitcomb Riley.*

The universe is a thought of God.

—*Schiller.*

SUGGESTION

PUBLISHED MONTHLY BY SUGGESTION PUBLISHING CO. Office: 4020 Drexel Boul., Chicago, Ill.
HERBERT A. PARKYN, M. D., C. M., Editor. ELMER ELLSWORTH CAREY, Manager.

Friend, when this paragraph is marked it means that your subscription has expired, and that we cordially invite you to renew the same. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued — forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine? EDITOR.

Communications and articles are solicited from doctors, dentists, teachers, nurses and others who have had favorable results from the practice of Suggestion. All communications should be concise, plainly written in ink, on one side of the paper, and not rolled; clippings bearing on the various points within the field of SUGGESTION are also valuable, and friends are invited to send us any which may come under their observation.

Editorial

YOU scarcely knew whether 'twas SUGGESTION or not, last month, did you? That new spring dress of ours first caught your eye, and then you discovered what a gain we had made, not only in appearance, but in weight and general value. SUGGESTION is not only better looking, but it is better in every way. And the improvement already manifest is only a token and sample of that which is projected. Plans for a general all round betterment and expansion of this magazine have been developing for some time, and are now being carried out, with much pleasure to ourselves.

* * *

IT IS with pleasure we announce the acquisition to our working force of our new manager, Mr. Elmer Ellsworth Carey, recently of the San Francisco Press. Mr. Carey's long experience in that line renders him quite at home in all matters pertaining to the publishing department. That he is a careful student of occult phenomena is in evidence to all who have read his recent articles in SUGGESTION. Mr. Carey will continue occasionally to write such leading articles, as well as to contribute to the various departments of this magazine. Further proof of Mr. Carey's mind-reading ability is the fact that he is taking hold of our policy and plans with a celerity that borders on the uncanny and is equaled only by the promptness with which said plans are being put into execution. The gentleman makes his bow, and is hereby

installed a citizen of Chicago. We bespeak for Mr. Carey your heartiest cooperation, fellowship and good will.

* * *

SUGGESTION is a magazine occupying a field all its own, and that field is world-wide. We propose to rise to our opportunity. No other publication sets forth the principles and practice of Suggestive treatment from the standpoint of the physician, as well as of the metaphysician. Dr. Herbert A. Parkyn, the editor of SUGGESTION, brings to his work the training, skill, and authority of the medical expert. This, on the one hand. On the other, he recognizes and uses the power that mind has over body—the influence of mental states and activities upon health and bodily processes.

The effects of emotion, reasoning and will-power upon health are matters of commonest experience; and it is the primary aim of this magazine to formulate on a scientific basis and set forth in a clear way the practical application of the laws operative in the control of health through mental agencies. SUGGESTION deals with the theory and practice of regaining and maintaining health through mental influences, *but from the standpoint of the practical physician.* It is not a case of trying to make bricks without straw—it is, rather, instructions as to how to use the straw at hand so as to make the best brand of brick. Material agencies and means are not to be ignored, but so used as to do most good. The instructions on the use of the "life essentials" alone, given in almost every issue of this magazine, are worth many times its cost.

SUGGESTION, then, differs from the ordinary medical magazine on the one hand, and from the multitude of New Thot journals on the other—differs as does the bird with two wings from two other birds with only one wing apiece.

* * *

Among the leading articles to be presented in the near future by the editor are papers on "The Proper Use of the Life Esentials," "Suggestive Treatment for Stammering," and "How to Induce the Suggestive Condition." Professor Vail will continue his series on "The Annular Theory." Mr. Carey will write on a variety of topics. Our tried and true Dr. Beiser and Dr. Meacham will continue their good work. A number of new writers—thinkers in various fields—will make contributions, brief, timely, readable. Our several department columns will be made of pronounced interest and value. You want SUGGESTION. We will make it worth your while.

* * *

Under the heading "Spirit of the Medical Press" we shall, from time to time, give extracts from our leading medical exchanges. The editors of these journals are brainy, thoughtful men, and their utterances show that the best professional thought is tending constantly further away from the old-time drastic measures, toward the employment of natural forces for the restoration and maintenance of health. There will be "good reading" in this department.

* * *

It will be the great loss of every reader of SUGGESTION, if he fail to give Professor Vail's papers on "The Annular Theory" careful study. Professor Vail is a scientist and something more, for the mere scientist only furnishes the raw material for philosophic conclusions; and this man not only formulates a new theory of world-

formation, but he is able to follow that theory in its bearings upon mythology, history, theology, philosophy, and kindred fields. "The Annular Theory" may, or may not, be true; there may be errors in premise or conclusion; but that it is a very notable contribution to scientific thought can not for a moment be disputed. Professor Vail's papers read like a fairy story, or "Alice's Adventures in Wonderland," so far as interest goes. The paper in this issue, in its treatment of the mythology, and folk lore of many nations is a rare delight not only to the archeologist and historian, but to the poet and romancist as well.

The key fact that accounts for so wide an application of the annular theory, and the interest it commands from thinkers in so many divergent fields, is summed up by Professor Vail in this one golden sentence (see March SUGGESTION): "The mental, moral, and religious world is linked beyond dispute or recall to world-conditions." That is to say: whatever influences the lower activities of man, influences his higher and more complex performances. The altitude, drainage, climate—in a word, the physical conditions of any region determine beforehand what activities man shall put forth to sustain life; and upon the industrial life of a people depend in a very large measure its social and domestic life, its manners and customs, its health, its energy, its mental development. Whatever throws light on physical conditions reveals racial characteristics, mental bias and temperament; and these make history, legend, poetry, romance, literature. Professor Vail, by showing us how he thinks the material world was formed, shows us most fascinating new meanings in the world of thought.

For the benefit of our many new readers this month, it is well to say that our acquaintance with Professor Vail began with an article by Estella Bachman Brokaw, on "The Source of the First Religious Suggestions," which appeared in SUGGESTION, December, 1902, and which attracted much attention and comment. The January SUGGESTION has an editorial by Dr. Parkyn giving some outline of the Annular Theory and an extract from one of Professor Vail's books; and in the February number the Professor's series of articles began.

Professor Vail announces that he will resume the publication of his magazine "The Annular World," provided he is assured of one thousand subscribers. SUGGESTION is not pecuniarily interested in this, or in any other of Professor Vail's published works, but we are very much interested in passing good things along; hence, as Dr. Parkyn has already announced, we shall be glad to receive your promise to be one of Professor Vail's first thousand. Send us your name on a postal card, and save your dollar for Professor Vail as soon as he is ready to begin publication. These prospective subscriptions are coming in from all parts of the country. Let us roll up the thousand, quickly. Send in your name today. M. F.

* * *

The Motzorongo excursionists will all have returned by the time this issue reaches our readers. Many letters have been received from the members of the party, and all speak enthusiastically of the trip, the Motzorongo estate, and the bright prospects of the Company. Next month, Dr. Parkyn will doubtless write something more of his trip and the outlook from a financial point of view. Attention is called to letters in another column

from some of the excursionists. Parties interested can write to any of these gentlemen for confirmatory reports.

* * *

What will be the main element of the healing art in the grand old year of 2003 A. D.? Prevention, of course. What next? Suggestion, or some modified and improved form of the principle of suggestion. Today the public demand drugs and drugs it must have, but it is the duty of the progressive practitioner to fully inform himself on all phases of his art so that by working along the lines of least resistance he can produce the desired results.

* * *

To talk of the cure of constipation without drugs may cause a smile in some quarters; but on the other hand, whoever knew of chronic constipation being cured by drugs? The article in this issue by the editor giving actual results in a case of thirty-five years' standing should be sufficient evidence that chronic constipation can be remedied by drugless methods; in fact the method indicated in the article is the only way in which the complaint can be *cured*. And the case given is but one of hundreds where a normal action of the bowels was obtained by suggestion, and by attention to the elements of right living.

* * *

We have leaned on drugs so long that in some minds they have become indissolubly connected with therapeutics, and the idea that healing can occur without dosing is rank heresy. Yet today there are countless thousands in the United States who have been cured, who are now well and who stay well with no other drug than belief. We can disbelieve theories but we cannot close our eyes to facts. Many are cured by suggestion, or prayer, or faith, or this or that drugless method; would it not be scientific to accept the fact, and then try to find a rational explanation? Doctors who are vitally interested in the healing art should be the first to investigate—not the first to condemn. The world changes. New methods are found. Medicine today is vastly superior to medicine one hundred years ago; will not the *materia medica* of one hundred years to come be vastly superior to that of today?

* * *

Emaciation and obesity are caused by improper eating, drinking and breathing. When an excess of food is shoveled into the stomach, the various organs of the body dispose of it in the most convenient way. In some cases nature finds it easier to eliminate the whole mass thru the excretory organs; in another case, she prefers to store the excess in the form of fatty tissue. The remedy for both conditions is the same: Induce a normal state in all organs, and the body will resume its normal condition. To do this, will power must be used; the person must proceed with a fixed determination to proceed along proper lines.

The average sufferer from emaciation or obesity does not care to give up his pet habits; he wishes to be normal, but desires to continue abnormal living at the same time. Any one who seeks health with a positive unwavering determination will succeed. Man makes a business of getting money; would you have health, then make the getting of health a business. If you sidetrack health you lose it.

* * *

Friends are invited to send press clippings bearing on any point within the scope of SUGGESTION.

Experiences

THIS column is devoted solely to contributions from readers of SUGGESTION who desire to assist in the investigation of psychic phenomena by reporting interesting facts from their own experiences, or any phenomena they have witnessed.

We give this opportunity to our readers in order to stimulate increased interest in the study of the occult, and to obtain all possible reliable data on the subject. It is only by intelligent, painstaking observation of particular instances, and their accurate reporting, that satisfactory evidence can be accumulated. True scientific inquiry takes nothing for granted, and has no preferences; but seeks only to discover the truth, no matter what that may be.

Hence the work of our SUGGESTION readers in the field of psychic research will depend for its value not only upon the enthusiasm of the investigators—and this, we are glad to say, is most gratifying—but upon their careful, unbiased weighing of all evidence which they consider. Then do not investigate in order to establish some pre-conceived idea of your own. Conduct every experiment with rigid impartiality. Divest yourself of all prejudice, and be anxious only to find out facts, and to report such facts with absolute correctness. We expect much of interest to be developed, and invite the fullest exchange of opinion from our readers. As this is distinctively a column for contributions from readers, no comments from the editor will find their way into it. Moreover, the editor desires it to be distinctly understood that he is not responsible for the views of any contributor to this column. The experiences are published for what they may be worth, but the absence of editorial comment must not be taken as an indication that any contribution or discussion accords in the slightest with the editor's own opinion.

DANVERS, MASS., Dec. 18, 1902.

EDITOR SUGGESTION:

I have been reading Mr. Browne's reply to Mr. Austin, in the December SUGGESTION, and I would offer him just one word of advice. Do not condemn what you do not understand. You ask why a person has to sit in the dark in order to hear raps—there is no need of any such thing.

I have an aunt who for many years has been what is called a Rapping Medium, and she *never* holds a seance in the dark. If we happen to sit in the evening, we sometimes turn the light down low in order to watch the little sparks of flame like fire flies, which dance all around her; but for any other demonstration we have the light. She is no professional medium and only "sits" for friends and relatives It does not matter in the least whether she sits at her own table or ours; or indeed whether there is a table or not. The raps are just as liable to come on the windows, walls, ceiling or floor. The furniture is moved when she wills it. We do not join hands—we sit where we please. If we sit around the table, we generally lean our arms on it. She is so sensitive in regard to people thinking her a fraud, that if any stranger is present, she will sit quite away from the table, not even allowing her clothing to touch it. The raps come, not only in yes, no, and doubtful; but in whole sentences, which she will read for us. The raps are sometimes very heavy also, and can be plainly felt if our hands are on the table. Sometimes they will be under one person's hands, sometimes another's. Then the raps do something beside rap out words. My aunt's brother was a drummer, and was killed in the war of '61. He will come and make his presence known by drumming perfectly on the underneath part of the table: "Marching thro' Georgia." It is no child's play, either. No one but a professional drummer could roll the drumsticks as he does. I can prove all I am asserting by many who have heard these demonstrations. Remember, the Medium is not touching the table, is in full view, no cabinet at all, in broad daylight or full gaslight, and not entranced; and we are always at liberty to look under the table

while the rapping is going on. These manifestations will occur just as quickly and well in a stranger's house, as in her own. She has many times sat with me and caused these sounds to come just the same, in my own house.

My grandfather used to own a large fishing vessel, and when he comes to us, the table will rise and fall in exact imitation of a vessel in the ocean swell. There will also be the creaking of the vessel and the sounds of the ropes. Then he will talk with us by means of the raps.

My aunt will shut and lock her daughter's organ, and then simply work the boards to keep the wind in the bellows. The stops will be drawn, and the organ will be played. She is no musician, but I am, and can assure you that whoever is playing, is doing so correctly. No wires could do that, and besides, I have heard the same thing when she has sat at my own organ, which is a heavy instrument and too complicated for any one not a musician to control. There are many other tests which I might tell of; but I have chosen these as being of the sort outside the ordinary and not to be explained by telepathy, and I think these will surely prove to a person not *determined* to doubt, that there is something in these manifestations not explained by human agency or trickery.

MRS. MARY S. JACOBS.

* * *

HYPNOTIC SOMNAMBULISM.

EDITOR SUGGESTION:

As a member of your class of February, 1902, I was and am much interested in your search and research after the actual facts of the hypnotic condition.

I recently talked with a man that some twenty-five years ago was one of three "sensitives" on the stage for a traveling hypnotist, and I was told that he was the best man of the three. But he said to me: "I was not asleep, nor under the hypnotists' control, as the other two men were. I did as he told me, just to make the thing go well, and to see how it would seem and how I liked it. It was fun to fool him and the rest. But the other two were really hypnotised—no question about that. They had a horse race; whipped their horses, thought the horses were running, and were terribly excited. I saw it all, but pretended to be asleep, or hypnotised, all the time."

Now although this man stated his experience clearly, he seems to have been so completely deceived by his fellow subjects as to fail to see that their inner experience, as well as their outward actions, tallied with his own. In my opinion he gives the real condition of all somnambules. They yield themselves to the will of the operator, and like soldiers, when once enlisted they are bound to obey. I tried to tell this man that the others were doing just the same as himself, but he was almost angry—said he knew they were really hypnotised. Doubtless the hypnotist himself supposed they were all "really hypnotised," so each fooled the others.

You are doing a commendable work in clearing this matter up. But strange as it may seem, people like to be (fooled) humbugged.

Yours truly,

J. C. CAMPBELL, M. D.

Albany, Vt.

* * *

ST. THOMAS, ONT., December 16th, 1902.

DEAR SIR: I am an interested reader of your monthly. I wish it were a weekly magazine. For the past three years I have been also the possessor of one of your

"Mail Courses," which is certainly a fine piece of work and has the right kind of instruction on "Suggestion," plainly put. But that is not what I started out to say.

In your November issue of SUGGESTION I note that a column or two in the Editorial part is devoted to showing that the reading of cards from the backs by suggesting photos or similar distinguishing objects such as paintings and others, is a simple and easy performance—nothing but a trick that is acquired by practice. I wish to state that this is one of the convincing proofs or tests that I have used when I have had a skeptical audience to deal with. And by the way, Doctor, I have never been quite able to convince myself yet that the patient does not know what he or she is doing while hypnotised. In one case to which I will refer, I had a young man that came from a country village and knew nothing of hypnotism, and was very backward at first to try any of the tests for me, but he at length consented. To see if he was shamming, I tried him with the card reading trick, before a large party of friends, and he did it successfully. He was about 18 years old.

Then if I had had any doubts of his sincerity and truthfulness I certainly was convinced by a little girl 13 years of age, who had never before had any experience with hypnotism. After I had hypnotised her, her friends said that she was not asleep. So I whispered to them and told them what she would do if she were properly hypnotised. Taking a deck of cards I had them shuffled and then suggested to the child that I was going to show her some pretty pictures, photos of her friends, and at first told her the names of some of her playmates and her music teacher. I then asked her if she could remember them if she saw them again at any time, and impressed it on her memory that she would recognize them at once. I had held the cards up as she had called them and did not know the cards myself except one for safety to see that I was not being fooled in any way. After arousing the child and asking her to show me the picture of the different ones whose pictures I had shown her—the cards in the meantime having been well shuffled—and she did it without a break and I couldn't tell them myself to save my life. I afterwards took out of the pack the one I knew and had marked and asked her to show that card to me and she went all through the pack and then said that she couldn't find it. I believe that this is positive proof that there is something in a somnambule's "Suggested Vision." I am tickled all over with your new department, "Experiences." I have none myself but am interested in learning the truth about this science if possible.

Yours for Truth and Success,
"AMATEUR OPERATOR."

[Try it again in a poorly lighted room, or hold the cards some distance from the subject so he cannot see marks on them and report results. Also follow suggestions given for this experiment in December number and see if the subject does not tell you how he remembered the card.—ED.]

* * *

Dec. 22, 1902.

Herbert A. Parkyn, M. D., C. M., Chicago, Ill.:

DEAR SIR—Ever since you made the request for results obtained in telepathy I have thought of giving you some of my own, but have hesitated, thinking they were too meagre to be of interest; but have finally concluded to give you some of the

results of the seances held (at my home) by a neighbor, Mr. A., my wife and myself. And, of course, if you do not think them of any importance the waste basket will undoubtedly be large enough to care for them.

I will not give you any description of ourselves (unless asked for) but describe what we have done, and wish to have it understood that none of us practice *any* deception; if we discover by sight or sound the object that is asked of us we always speak of such fact.

Our method is this: we all remain in the same room; one of us will sit with his face toward the wall, keeping his eyes closed, the other two will then select some object in the room and say "Allright," and the one that has his eyes closed will then tell what appears before "the mind's eye." My wife usually names the object while Mr. A. and myself give descriptions of its appearance, not giving the name. For instance, Mr. A. said one time, "I see a dark object, not very long but narrow in proportion to the width." The object chosen was a spectacle case. At another time I said, "I see a round object, not very large, and in color it resembles the full moon at the time when its full size can be seen as it rises," and a gold watch had been chosen.

We sometimes take a pack of common playing cards, but seldom try to give more than the suit to which the card belongs, for the reason that we are more successful in this than in trying to tell just what the card is, although we sometimes "see" very well. On one occasion I saw a large ace of spades with the figure of a woman dressed in white; I said "I think it must be the queen of spades," and it proved to be correct.

Mr. A. also sometimes gives as correct descriptions. My wife nearly always gives the name instead of a description and is correct as often as either Mr. A. or myself. Some evenings the results are not very satisfactory.

So far, we are unable to tell why we are able to do so much better at some times than at others.

Recently we have been trying to tell in what direction the other two are pointing; in this Mr. A. very seldom makes a mistake, and until the last seance I very seldom got it right and the symbols by which the direction came to me at that time were somewhat puzzling.

If you find anything of interest in this I may write more in the future.

Yours truly,

D. S. T.

Charleston, Wash.

* * *

National Military Home, Ind., Nov, 15, 1902.

EDITOR SUGGESTION:

In the first place let me say I am not at all visionary or fanciful—but I am remarkably subjective, with a consequent faith in the unseen realm.

Here is a little of my experience in telepathy.

I was in correspondence with a dear friend, to whose nature I responded in a remarkable degree. The experience was entirely new to me. Sometimes I felt his sufferings and agony of mind through the distance, sometimes there were more joyful impressions. Certain it is our souls responded, and our letters corroborated these impressions; but there came a time when circumstances made our correspondence come to an end.

A few weeks after this I was doing a very difficult work under adverse circumstances, being sick in body and mind. I

know I came home one night and lay down in intense suffering. I had ceased to struggle for it seemed to do no good. I lay in the silence asking by my very faith in a perfect Universe "What does it mean?" As I lay there an answer came by a new experience which cannot be put in words. It was like a divine message and seemed like both love and promise. I had had nothing like it before in all my experience. It was then, and is now a message from the Divine Heart of Love. I did not at the time connect it with what came to me in a few days, but now they seem connected by a chain of intelligence.

A few nights later I sent out my usual prayer and thought message to the friend so far away.

I do not remember if the answer came at once or whether I was awakened in the night, but my friend was with me in thought and soul impress! It was no imagining. I put out my hand—there was nobody, but all the rest of the personality was there—the thought, and the feeling, as though friends long separated had suddenly come together. This was without previous preparation on my part, or any inkling that such communication was possible. It was simply a doing away with physical barriers by the force of higher laws.

I remember I could not understand in words. Thoughts seemed to be trying to put themselves into words. I remember of trying like a child to understand in words and in time I did so. The message came in thought impress, and I gave it language. It seemed as if he understood and taught me how. It was very real.

This has kept up. Every day I receive a communication of some kind. Sometimes he seems near, sometimes far, as though speaking through a long distance. Sometimes the personality is his, sometimes it seems to be anothers, and sometimes cross currents of thought—perplex me and fill me with doubts and suspense.

But the times when I knew it *was* my friend, comfort me to believe that he is still there trying at times to communicate. When we are both subjective and *need* each other the communication *comes* of soul impress. I am satisfied there are no facts sent, for I have evidence that he has had events in his life which would have been communicated if possible. The soul impressions alone are correct.

Let me state that his mind is a subjective one also, and that I *believe* he goes into the "silence" as I do. These two facts would account for the possible and probable communication.

There are other experiences connected with this communication that must await further developments—I have no other means of thought transference with him, so I cannot vouch for this in any external way; but let me say I would not speak as I do did I not believe in its truth. I hesitate to speak at all, but something impresses me to do so.

It seems natural to me that a perfect universe should be the perfectly evolving one from one stage of growth to another. We have had communication by crude signs, then by words put into language and carried by means of locomotion; then by signs sent by telegraphy, and finally comes the discovery that these signs can be conveyed without a physical highway, but on waves of electricity. We have had *words* conveyed by electricity on a metal highway. Shall we not have thoughts carried on waves of electricity? And later those thoughts changed into words

through the delicate instrument we possess—the brain?

I believe so, and I have evidence so startling that I *know* soul impressions are conveyed, and pictures also.

"There are greater things in the world than are dreamed of in our philosophy."

But there are some who never believe anything unless they can have it demonstrated by physical means. To them the inspiration of the poet, artist, and prophet, must be but the ravings of diseased brains, for these men cannot demonstrate to the world their means of knowledge. They are but instruments, oftimes, for the revelations of larger truth. As fast as the world is ready, the truth comes. And it is our privilege and duty to make our souls receptive and grasp the wonderful revelations as fast as expedient. This is the psychic age. Shall not telepathy have its use to the larger development of psychic revelation?

Let us be honest in our conceptions of the "best as yet to be," and we shall know that it is the next step in the world's experience, and will revolutionize for great possibilities more than anything in the past.

I should like to hear of similar experiences from others. M. E. E.

MASS.

* * *

[This letter was received by Dr. Yates and forwarded to me with the request that I publish it.—ED.]

W. YATES, Chicago, Ill.:

Dear Sir—I wish to thank you for your answer to "More Light Wanted," that appears in the January number of SUGGESTION.

Spiritualism is a religion that I would like to believe in, for my mother's sake if for nothing else. She passed into spirit life, believing fully that the teachings of spiritualism are true. She was all alone in her belief in this neighborhood and her religion was ridiculed on every hand, but, notwithstanding all the arguments that were brought against it, she was more than able to hold her own, and went to the spirit land convinced that her belief was true. In this section we have no professed Spiritualist. There is no chance to investigate. I read "Soul and Mind," published at C——, but I admit that it is away beyond my comprehension. I have never witnessed anything like you speak of in your article in SUGGESTION. And when one reads of so many exposures of mediums, and having no personal experience, I cannot help asking myself this question: Is it all a fake, is my mother's belief untrue, and did she pass away taking for truth that which was nothing but deceit and trickery?

Hoping and believing not, I am, yours respectfully, D. W.

Ohio.

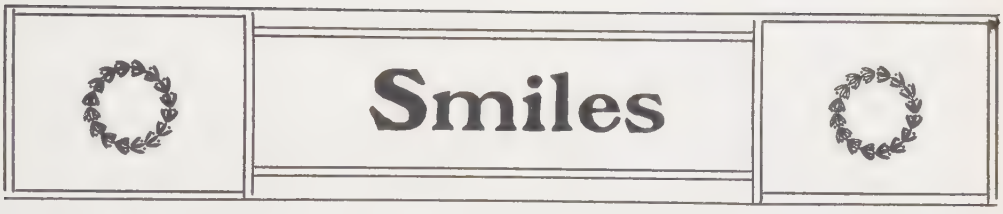
* * *

Our experience department is stimulating our readers to experiment and investigate occult phenomena for themselves. Mr. Austin's reply to Mr. Brown in this month's issue, is interesting and should stimulate investigation of spiritualistic phenomena.

* * *

A card to The Motzorongo Co., 208 Reaper Block, Chicago, will bring you the new, illustrated prospectus of the company, containing eight full page half-tone engravings made from photographs of scenes on the plantation.—Ed.]

Cultivate the friendly spirit. If one would have friends he must be worthy of them. Make friends early in life. Hold fast to your friends. It is one of the commonest regrets in after life that early friendships were not kept up. Make a point of having friends among your elders. Friendship between those of the same age is sweeter, but friendship with elders is more useful, or, rather, they supplement each other.—*Theodore T. Munger.*



Smiles

What an inspiring sight. My! such smiles. I expected you to do better this time, but, really, I'm not prepared for such a sunburst as these circling rows of happy faces. You've been practicing up your smiling, and, actually, you're a deal better-looking company than you were last month. I'll venture to say, moreover, that you're healthier and better tempered.

That tall woman over there, next the side aisle, who kept in good humor last Monday when her clothes-line broke, depositing the week's washing on the muddy ground—please come to the front, together with that gentleman in the brown cheviot—the one who smiled when he found dinner a trifle late—you, sir, I mean—over there at the left. I want to present you both personally to all the SUGGESTION Family here assembled—that's right—thank you. The audience will please rise and give the Chatauqua salute. There—fine! (You Westerners, not quite so noisy, till these Boston people get used to you).

Now, a word about the smiling. First, I must tell you what an inspiration it is to speak before so many thousand smiles. Everywhere, all over this immense gathering, I see the laughter lighting up face after face, and it makes me think of the rippling waves one sees when the summer wind passes over a field of wheat.

The class in "Behaving So You Can Keep On Smiling" will now step to the front. The rest of you please keep up an accompaniment of smiles, pianissimo. A lot more of you back there ought to have come forward, but I'll let you off this time. This small Spartan band, presenting itself, will now receive as handsome a dressing down as I have at hand.

I wouldn't say it very loud, of course, but do you know what it is that is putting the unhappiness into your heart, destroying your power of self-control, and marking the wrinkles on your face? It's simply this, that you allow the small annoyances that come your way to upset you. There are a multitude of little things every day that will simply tear your nerves to shreds and tatters if you will allow that to be done. You may not be able to prevent the annoyance, but you can *become an immune,* if you will. It is very easy to "give way" to a feeling of blame for somebody or something, get "worked up," and say and do things that in a little while you'd give a farm to have unsaid and undone. Other people may be able to forget and forgive your hastiness and crustiness, but these things have made their mark and set their seal upon you—heart and brain and face and voice—they have stamped you with their likeness and claimed you for their own. The deed not only everlastingly returns to the doer, day by day, but it remains with him and is part and parcel of himself. If then, beloved! If you would be the happy

and serene, the lovable and useful character you really want to be and ought to be, strangle that spirit of impatience. Get the better of it, before it gets the worst of you. Keep yourself so cheerful, so hopeful, so charitable in your estimate of others that the little irritations will cease to irritate, and the annoyances be powerless to annoy.

You can do it! So endeth the first lesson—class be seated.

A little chorus smiling from the Southern section now. Good—thank you very much—'twas enjoyed by everybody, as that applause testifies. The large gentleman in the Brazilian section, sitting third from the center aisle, will now smile a bass solo in Spanish, with tremolo accompaniment on the slide trombone—Beethoven Op. 268. You did so well, sir, that you may try it over when it comes your turn again—we are under obligations.

But since we are not at the place where congregations ne'er break up, this meeting has to stop. Next month come in promptly, please, for we are going to have an entertainment, with foreign talent present, and I want you to make a good showing. The section making the largest increase in membership of the SUGGESTION Family will be seated on the platform, with due honors. Meanwhile, "Sing, Smile, and Slumber" all you need for the happiest living. Adios!

M. F.

* * * * * * *

"If you wish to live long and be healthy and happy, fill your lungs, day and night, with pure, fresh air, and let your system absorb all the sunshine you can possibly secure for it. Of these two you need an abundance, just as much as does the growing plant. Leave your windows open at night, a little both at the top and bottom, so that, even while you are unconscious, you may breathe new, life-giving oxygen. Take daily outdoor exercise, in winter as well as in summer. By shutting yourself up indoors, closing your windows to keep out the pure air, as if it were some noxious thing, and piling on as much extra clothing as you can carry, you invite illness instead of heading it off, as you fondly imagine you are doing."—*Exchange.*

Tell Him So.

If you have a word of cheer
That may light the pathway drear
Of a brother pilgrim here,
Let him know.

Show him you appreciate
What he does; and do not wait
Till the heavy hand of Fate
Lays him low.

If your heart contains a thought
That will brighter make his lot,
Then, in mercy, hide it not;
Tell him so.

Wait not till your friend is dead
Ere your compliments are said;
For the spirit that has fled,
If it know,

Does not need to speed it on,
Our poor praise; where it has gone
Love's eternal, golden dawn
Is aglow.

But unto our brother here
That poor praise is very dear;
If you've any word of cheer
Tell him so.

—*Human Nature.*

Notes and Comments

A Paris correspondent cabled the following to the Chicago *Tribune,* thinking, doubtless, that he had obtained some wisdom from the very fountain head of human thought:

WHY NOT AUTO-SUGGESTION?

French Scientist Tells How One May Educate the Will by Following His Directions.

[BY CABLE TO THE CHICAGO TRIBUNE]

PARIS, March 14.—Dr. Felix Regnault contributes an article to the forthcoming number of *Revue Psychical* on "Gymnastics and the Education of the Will," which deals with auto-suggestion and gives hints for the practice thereof. He says it is necessary for success to withdraw the mind from external things and to avoid poise and conversation, while such disturbing sensations as cold feet and headaches are fatal to achieving complete control by the will.

According to Dr. Regnault, night is the best time to engage in auto-suggestion, just when you are dropping off to sleep. The first thing to do is to think hard and engage in mental repetition. Those endowed with a strong will have obtained extraordinary results by this method, such as controlling the muscles, moving the ears, and quickening or stopping the beats of the heart.

The writer cites the well known and marvelous feats performed by Indian fakirs, which he claims can be imitated by Europeans through auto-suggestion. It is possible, when the will is thus completely exercised, to pierce the flesh without pain and without the blood flowing, although when the will is not paramount the same experimentor will suffer and bleed.

Similarly misanthropic persons may become gay, lazy, active, or passionate by the education of the will.

A simpler and easier method is to repeat aloud mechanically the suggestion you wish to obtain. Spoken prayers are equally efficacious, even when pronounced without fervor, for they penetrate the ears and are imprinted on the brain.

Some persons are strongly impressed with visual images. Dr. Regnault says he has cured a hypochondriac by advising him to write on the wall of his bedroom every night in phosphorescent powder the words, "I am gay," so that he falls asleep with them before his eyes. He advises those fond of lying abed mornings to cure themselves by indirect auto-suggestion. He says if a person place an interesting book at his bedside his eyes are hardly open before they fall on it, and he will commence to read, and early rising will be made easy.

In the above there is not one single fact which has not been known for years. The editor of this publication has, for nearly fifteen years, taught the therapeutic and educational value of suggestion and auto-suggestion. This publication is devoted to suggestive therapeutics, and the vast psychological possibilities which are to be unfolded in this line of investigation.

If the daily press wishes informaton on psychologcal lines, it does not need to go to Paris. This cable shows that a fact coming across the water has a glamor and glitter that does not attach to the same fact at home. But it is ever thus. We go to Carlsbad to rise at six, eat rationally, stay out doors all day, and drink a natural amount of water. There is a Carlsbad in every grove and bubbling spring in the United States; what is lacking? Suggestion. When the will is educated, sickness will disappear from the earth; educate your will and you will find health anywhere—for water, air and sunshine are not exclusive with Carlsbad.

But we are pleased to publish the above cable. It is added testimony to the value of modern psychological training. It will attract the attention of professional men; it will cause them to think; it will teach the doctors that Paris, the center of psychological research, has a message for them, and will give them an insight into the therapeutic methods of the future.

* * * * * * *

From the Alkaloidal *Clinic* we take this paragraph:

> Dr. Paul Edwards, of Chicago, says each organ in a man's body is endowed with a distinct and separate intelligence,

and will respond to reason, expostulation, or, in short, to scolding. Being annoyed by a shipmate's coughing, he got angry and railed violently at the offending lung. To his surprise the cough quieted, and the man speedily recovered. He proceeded to extend and systematize the "discovery," and has founded a new school of medicine thereon. Hereafter Xantippes will be in demand. The co-ed will be strictly "in it;" the female physician will run her brother out of business; and the highest praise awarded one of the more voluble sex will be couched in terms somewhat like these: "She can jaw the bacilli out of a man's lights." Wives will be selected for their lingual development, and the disposition to talk and find fault will be their crowning glory.

It may seem facetious to many that giving suggestion will have physiological effects; that pain and disease may be mitigated and removed by talking. Dr. Edwards has been very successful in his treatment of disease without medicine; so have others practicing various forms of mental healing, faith healing, etc. Suggestion is at the root of *all* forms of healing, whether by drugs or by water, or electricity, or massage, or "scolding." Suggestive therapeutics is the natural system, and it is already displacing the older systems; in time, suggestion will be recognized as the keystone of the healing art. While drugs, like surgery, have their appropriate uses in certain cases, will occupy a subordinate position, and their use will be greatly restricted. Right living—right eating, drinking, breathing and exercising—together with suggestion, will make the perfect men and women of the future.

* * * * * * *

THOUGHT PHOTOGRAPHY.—The following extract from the pen of Countess Anne De Montagu is from *Eleanor's Idea,* and while the extract has all the ear marks of a story written for some yellow Sunday paper at so much per, we will give the noble Anne the benefit of the doubt and print the paragraphs for what they are worth. If mental vibrations will affect a photographic plate, the fact should be very easily proven. Will not some of our kodak friends investigate this and report? Simply hold a filled plate-holder near your head for ten minutes and think intently of any object—say a dollar or two—and then carefully develop.

Here is Anne's effusion:

"Dr. Hippolyte Baraduc is the inventor of the photography of the unseen, which, in other words, might be explained as a telepathic process, produced by the intensity of thought.

"Pointing to a number of weird-looking pictures on the wall of his study, the doctor said, 'These are pictures of invisible images projected by the life fluid, which, as you perceive, have left a vague impress upon the plate. As I was convinced that that vital force was movement. I concluded that it also must be light. I passed from the photography of vitalized electric effluvia to that of nervous radiations. I employ the dry-plate system without contact and with or without a camera, in total obscurity through black paper or in a dark-room. The plate is held near the forehead, the heart, or the hand of the person who is experimenting. Some of the plates give results and others none. I have exhibited these singular photographs at the Exposition of Nancy, and experts have recognized them as genuine impressions.'

"These fascinating landscapes of the soul are an interesting study, for they take upon themselves fantastic forms. Some look like floating clouds; nebulæ, snow-crystals, vortexes, cyclones, shapes which are attributed by Descartes to cosmic vibration, the undulations of life by which human beings are surrounded. Here is a child bemoaning the death of a pheasant, a fluidic trellis-work of sorrow enveloping the bird and the child. Another reveals a billow of despair projected by grief for a lost one. Here are drops produced by prayer, vaporous essences pure as snow-flakes, the radiations of an adoring soul. Tongues of fire exhale from the forehead of an ecstatic, and broken globules reveal anger provoked by a brutal insult. A very curious photograph demonstrates the purr of a cat, whose sonorous contentment projected a delicately tinted cloud."

JEFFERSON'S TEN RULES.

Never put off until tomorrow what you can do today.

Never trouble another for what you can do yourself.

Never spend money before you have earned it.

Never buy what you don't want because it is cheap.

Pride costs more than hunger, thirst and cold.

We seldom repent of having eaten too little.

Nothing is troublesome that we do willingly.

How much pain the evils have cost us that have never happened!

Take things always by the smooth handle.

When angry, count ten before you speak; if very angry, count a hundred.

Queries and Answers.

PLEASE NOTE.

The editor will endeavor to answer all queries as satisfactorily and fully as possible. However, as the majority of the readers of SUGGESTION are in possession of his mail course on Suggestive Therapeutics and Hypnotism, frequent reference will probably be made to certain pages of the course in the event that a detailed answer to the query may be found there. All queries will be condensed as much as possible, so that there may be sufficient room each issue for the numerous interesting inquiries already pouring into this department. The editor does not wish to monopolize this whole department and would be pleased to hear from any reader who can furnish further and better information. It is desirable that those who seek information report the results, whether good or bad. When writing anything concerning a query please give the number attached to it.

TO THE EDITOR:

Will you inform a subscriber if epilepsy is amenable to suggestion?

NEW ENGLANDER.

While I have seen a number of cases of so-called hystero-epilepsy perfectly cured by suggestion, still I have never known genuine epilepsy to be completely cured by suggestive treatment, or for that matter by any other treatment. Suggestion is not a "cure-all," although its radius of effective action is longer than that of any other system of cure. Much may be done, though, for these sufferers by extending the period between the attacks, making the attacks lighter and enabling the patient to place himself out of danger by increasing the length of time between the premonitory symptoms and the attack proper. There are always functional troubles to be rectified in these cases, particularly those of nutrition and elimination. When digestion, assimilation and elimination have been stimulated, the attacks will lessen in frequency and severity and the mental condition of the patient will improve correspondingly.

The question of nervous diseases is fully treated in "A Mail Course in Suggestive Therapeutics."—EDITOR.

EDITOR SUGGESTION:

Dear Sir.—Is there any danger of a tourist in China or Singapore taking the plague?

Chicago. TRAVELER.

No tourist ever was bothered by the plague; this disease is practically confined to the lowest class of coolies, and Europeans do not fear it. Like leprosy, berriberri and other tropical diseases, it affects only the immature races, and only the lowest classes of these.—EDITOR.

EDITOR SUGGESTION:

Dear Sir.—A friend tells me of some strange demonstrations that took place at a dark circle, conducted by a medium. Can such manifestations be explained by science?

Denver, Colo. R. D. B.

All "demonstrations" of mediums can be duplicated by trickery; all such performances are simply sleight of hand tricks, and when you read the evplanations you will be surprised that any one could be imposed on by them. Read "Spookland"

advertised elsewhere in this issue.—EDITOR.

Editor Queries: Is the practice of suggestion advocated by the doctors? A friend says that some doctors will not touch it with a ten-foot pole.

Oakland, Cal. B. C. WILLIE.

All doctors use suggestion directly or indirectly; the doctor says, "Now, take this and you will be better in the morning." That is suggestion pure and simple. If the doctor gave bread pills and said, "Take one every hour, and you will be better tomorrow," the patient would undoubtedly be better. The progressive physician is investigating psycho-therapy, and finds it a great help in his daily work.—EDITOR.

SUGGESTION: What book should one read who is looking into psychic matters?

Bangor, Me. Miss B. T.

The best book for beginners is Hudson's "Law of Psychic Phenomena." It is written in simple language, and gives the underlying law of occultism so plainly that all can understand. The book is strictly scientific, and lets a flood of light on mediums and spirit manifestations, etc. It may be ordered through this office; price $1.50. It is a good plan for several friends to combine and buy the book, and then meet weekly and discuss the same. Any one who reads this book will be thoroughly informed on all phases of psychic phenomena.—EDITOR.

EDITOR SUGGESTION:

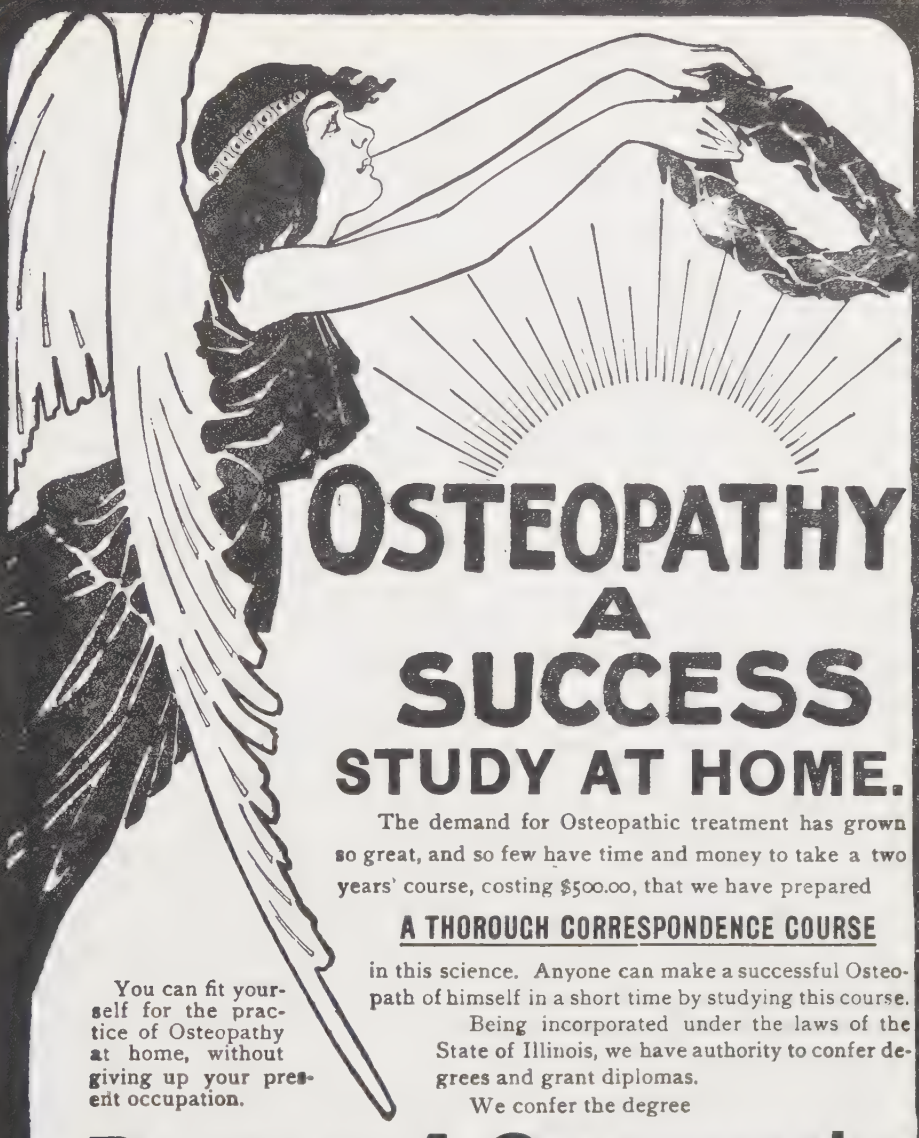
Kindly give directions for self treatment by auto-suggestion.

SEVERAL READERS.

It would require a whole volume to answer this question fully unless I knew the specific trouble for which treatment is required. The trouble may be mental or physical or both, and the treatment would be different in each case. However, the most simple rule to follow is this: Think carefully over the conditions you desire to bring about, whether mental or physical. Go over all the conditions several times until you can think of them quickly and can draw up a mental picture of the new conditions as they will appear when developed in yourself. Affirm to yourself fifty times a day that these conditions are already appearing in you. Think hard and think often of the new conditions and avoid thinking of the old conditions. Under all circumstances the "life essentials" should be looked after faithfully, day in and day out, whether the trouble appears to be mental or physical.

The best plan if you require treatment, would be to consult a competent practitioner of suggestive therapeutics, and have him start you on the right road. It is surprising how much easier it is to get the effects of treatment by auto-suggestion after one has received a course of suggestive treatment from an operator who thoroughly understands the art of suggesting.—EDITOR.

All creeds have some truth in them; no creeds have all truth in them. I am almost prepared to say that it would be safe to believe all the affirmations of all the creeds, and to reject all their denials. Whenever a body of devout men have come saying, "We have found this in the Infinite," their report is presumptively true. Whenever they have come back saying, "We have not found this," it does not in the least indicate that what they have not found may not be there.—*Dr. Lyman Abbott.*



OSTEOPATHY A SUCCESS

STUDY AT HOME.

The demand for Osteopathic treatment has grown so great, and so few have time and money to take a two years' course, costing $500.00, that we have prepared

A THOROUGH CORRESPONDENCE COURSE

in this science. Anyone can make a successful Osteopath of himself in a short time by studying this course.

Being incorporated under the laws of the State of Illinois, we have authority to confer degrees and grant diplomas.

We confer the degree

You can fit yourself for the practice of Osteopathy at home, without giving up your present occupation.

Doctor of Osteopathy

on all our correspondence graduates.

The diploma is a handsome engraving 18x24 inches in size.

A FREE LESSON

We will send a free lesson in Osteopathy to anyone answering this advertisement. For full particulars and free lesson address carefully as follows:

A. E. TURNER, D. O.
Dept. 36. Secretary.

NATIONAL SCHOOL OF OSTEOPATHY

(INCORPORATED)

4000 COTTAGE GROVE AV. CHICAGO.

PARTLOW DES.

$800,000 SUGAR MILL ON MOTZORONGO.

The Motzorongo Company

Capital Stock, $1,250,000

Owners of 165,000 acres (over 250 square miles) of Mexican tropical, rubber, pineapple, banana, sugar and coffee lands offers $400,000 worth (40,000 shares) of its treasury stock for sale at par. This stock will be sold at $10.00 per share each share being the equivalent of over 1 2-5 acres of the plantation, on which there are already improvements that could not be duplicated for $500,000 in gold. The plantation is in running order now and will probably pay a

20 Per Cent Dividend in 1903

Every $10-share will be worth $50 in a short time and will continue to increase in value rapidly.

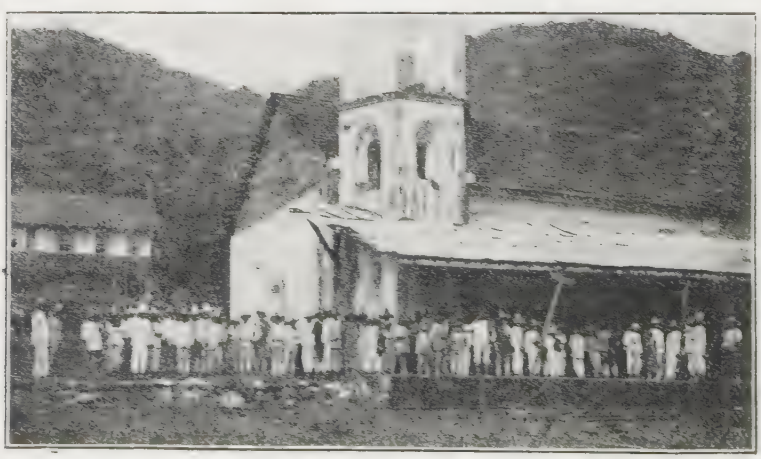
☞ We have 60,000 acres of the finest sugar-cane land in Mexico and sugar cane yields $200 per acre.

There are a number of good Mexican plantation investments offered to the public, but this one is far ahead of them all. Many of these companies with 1000 to 7000 acres are capitalized for $800,000 to $2,500,000, while Motzorongo with its 165,000 acres and $500,000 worth of improvements, is capitalized for only $1,250,000 and its assets at the present time are worth more than the total capitalization.

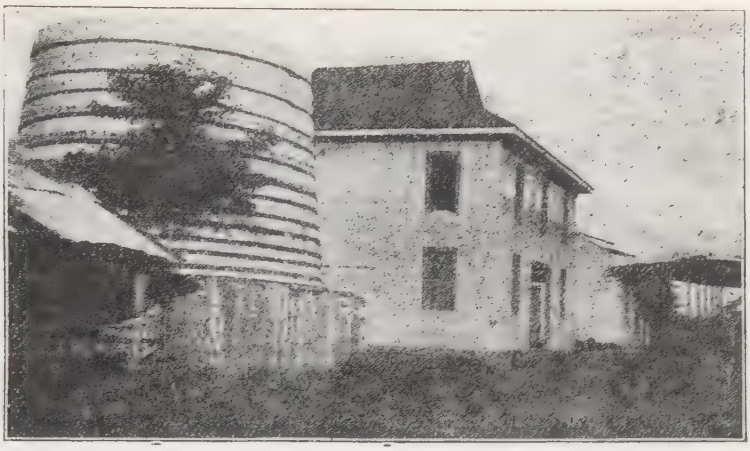
The Chance of a Lifetime

The block of 40,000 shares is the only stock of Motzorongo that will be offered at par, and as it is to be kept a close corporation and no more funds will be required, this will be the only opportunity to purchase stock. A few shares of this stock purchased now will yield a handsome

Income for Life



PAY DAY AT MOTZORONGO



RAMIE PLANT AND SAW MILL ON MOTZORONGO.

We are not going into a wilderness to hew out a plantation which some years hence is going to produce large returns. The improved portion of Motzorongo comprises a vast estate, teeming with growing crops, the care and cultivation of which is now an enormous business that will yield a 20 per cent dividend next year. We have 15,000 acres of cleared land, 80 square miles of pastures fenced off for our cattle and hogs by six-strand barb wire fencing. We have a $300,000 sugar mill and all the sugar cane planted that the mill can handle. We have 200,000 coffee trees in full bearing, 40,000 cocoa trees, 50,000 rubber trees, orange and lemon groves, etc.; an administration building with 25 rooms, and a store at which the 1200 natives living on the plantation deal. We have cattle, horses and mules and have begun stock raising on an extensive scale. We have a saw mill and immense forests of the most valuable timber. The Vera Cruz & Pacific Railway bisects our property for 13 miles and maintains two stations on it.

Your Name and Address

Send us your name and address and we will mail you our illustrated prospectus telling all about the plantation and the Motzorongo Co. Don't delay. The stock is selling fast. Address

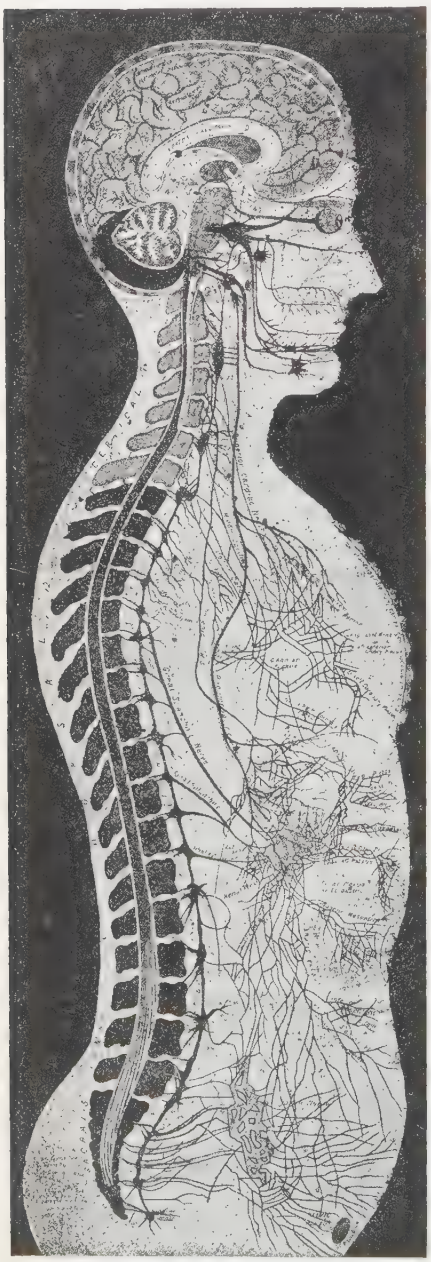
THE MOTZORONGO CO.

208 Reaper Block, - - Chicago, Ill.

THE ADMINISTRATION BUILDING ON MOTZORONGO.

NEW EDITION! **JUST OUT!**

Eales' & Taber's Anatomical and Physiological Encyclopedic Chart of the Human Body



Showing only one of the cuts.

The second edition of this world famous chart has been greatly improved. Four new illustrations in seven colors have been added and valuable subject matter that will interest every one.

Remember this chart is the most complete of any published, an Encyclopedia of anatomical and physiological information. Hundreds of testimonials received. No dissatisfied purchasers.

An Encyclopedia of Anatomy & Physiology
A Digest of Symptoms and Diagnosis.
A Key to Osteopathy and all Manipulatory Treatments.
The Location of all Nerve Centers.
Over 5,000 Questions Correctly Answered

Designed to hang on the wall. Lithographed in seven colors on heavy enameled CLOTH stock, both sides, 34x46 inches, nicely mounted.
Send for circulars. Agents wanted.

PRICE, express prepaid, only **$5.**

TABER'S ADJUSTABLE AND REVERSIBLE CHART & MAP HOLDER

This holder has been designed for our chart, but is adaptable to any ordinary map or chart.

With it a map or chart can be instantly reversed, raised, lowered, swung out into the room at any angle or placed in almost any position. Chart can be rolled up and tied out of the way. Made of best Bessemer Steel, handsomely oxydized, fine oak bracket. **PRICE, only $1.25**

SPECIAL OFFER FOR MARCH ONLY

E. & T. Chart	$5 00
Taber's Holder	1.25
Taber's Suggestion, Secret Sex	1.00
	$7.25

Sent on receipt of only $6.00.

C. Wilbur Taber, D. O., = = Chicago, Ill.

Spirit of the Medical Press

WHITE FLOUR AND APPENDICITIS.

Changes in the milling process are responsible for appendicitis, according to several eminent authorities.

To prove their assertions, it is pointed out that where coarse breads are used the disease is unknown, but that as soon as the fine breadstuffs are introduced appendicitis comes along as a consequence .

By this reasoning it is shown that the people of agricultural communities who secured their flour from small mills were crowded out by the larger ones, and fine wheat flour supplanted the coarse.

Then, again, the negroes of the South, so long as they ate hoe-cake, were free from the disease, but when the new process flour began to be used, the disease came among them. The same results attended the departure of the German folks from their coarse bread to the refined flour.

Prior to 1875 there was little of the disease among the people. In twenty-five years the conditions have materially changed.

About the date mentioned there began to be a general change from the old method of grinding to the present method of roller mills and excessively fine bolting cloths. This plan of milling began first in the large cities, and appendicitis began to increase there. Later the new process crowded out the small mills in the country, and the people could not get flour made by the old process.

They bought products of the larger milling establishments, and then the farmers began to have appendicitis.

Experienced millers say that the fine flour is less a desirable flour than that made by the old process, but the trade demanded it chiefly on account of its whiteness. On account of its indigestibility, the disarrangement of the digestive organs of the people eating it has greatly increased. The prime cause of appendicitis is found in this disarrangement.

The lack of phosphate in the food is visible in the people, and physicians have greatly increased the use of medicines containing phosphates.

The new process of milling, which is held accountable for diseases, takes from the grain the phosphates chiefly existing in the germ of the wheat and just under the bran, and leaves only the starch and gluten.—*Surgical Clinic.*

* * *

Many an invalid would be well today if he had a worthy purpose in life and happily labored for it. Many a hysterical woman would be stable and strong had she consistently striven with singleness of aim for a laudable object.

The purposeless idler is ever a weakling in unstable equilibrium, upset by every vagrant mood.

To say that overwork is not a very freqent cause of nervousness is frankly to enter the ranks of heterodoxy; but my experience is that work, hard work, is wholesome. To work hard is to get tired; to work too hard is to get too tired; but I seldom see the familiar spectacle of nervous breakdown due to work alone. It is the unwisdom that goes with the work. It is the worry, the strain of doubt, the wear of ungratified ambition, the depression of failure or the passionate play of other emotions that make the nervous wreck.—*The Dietetic and Hygiene Gazette.*

* * *

Below is an excerpt from an article by Dr. W. E. Bloyea in the *Electric Medical Gleaner*:

> The temperature of 103 degrees F. to 105 F. usually disturbs the doctor as much or more than it does the patient, and the physician at this time seems to think that his chief duty, if not his sole mission upon earth, is to combat fever, and at it he goes with vim and vigor. And why should he not do so? It is in accord with the doctrine of general medicine that sure death stalks in high fever, and that

NEVER SICK

BUT always Well, Hearty, Vigorous, Good-looking, full of Vim, Long-lived, Prosperous and Happy. Free from Drugs and Doctors' Bills.

If you would be all of this, use the

New Internal Bath

the best and only safe method of internal cleansing for men and women, removing all the impurities and poisons from the system absolutely without the use of drugs. A positive cure for Constipation and its attendant evils, Indigestion, Biliousness, Liver, Kidney and Lung Troubles, La Grippe, Catarrh, etc. UNLIKE and BETTER than any FLUSHING SYSTEM used, approved of by physicians. NO MATTER what you are doing for health, DO THIS also. Send at once for illustrated booklet, "Art of Being Well," with full particulars.

SENT FREE

a copy of HEALTH-CULTURE, with list of Dr. Forest's Massage Rollers and other appliances for home treatment, and the best health books published. Address

THE HEALTH-CULTURE CO.
481 "S. S." Fifth Ave., New York.

The Constitution of MAN

By ELIZABETH TOWNE

GIVES a clear and practical presentation of advanced mental science and embodies many new and original ideas, and the fullest teaching extant as to the nature, control and direction of desire.

It explains and illustrates in luminous terms:—

The Unity of Life.—What God is and what he is good for.—What man is, and where, and how he got there.—How he grows.—What "the silence" is, how to get there, and what to do with it.—Mental breathing.—How to concentrate and why.—The nature and uses of desire; how to grow and direct it.—What to do with ideals.

This book contains 15 chapters full of power and inspiration, is beautifully printed on antique paper, daintily bound in green and gold and contains a speaking likeness of the author.

The price of "CONSTITUTION OF MAN" is **50 cents**, but

YOU MAY HAVE IT FOR NOTHING!

If you will send me **50 cents** for a year's subscription to **THE NAUTILUS**, which is my monthly 8-page paper devoted to the art and science of happy and successful living, **Suggestion practically applied**, I believe you will stick to **THE NAUTILUS** after once trying it, so I make you this generous offer as an inducement to begin. Send **50 cents now** and you shall have the book and your first paper by return mail. Address,

ELIZABETH TOWNE, Dept. 17, Holyoke, Mass.

A PERFECT ELECTRIC

"ACTINA"

POCKET BATTERY

EYESIGHT RESTORED

DEAFNESS CURED.

By the Great Eye Restorer and Only Catarrh Cure.

ACTINA is a marvel of the nineteenth century, for by its use the Blind see, the Deaf hear, and Catarrh is impossible Actina is an absolute certainty in the cure of cataracts Pterygiums, Granulated Lids, Glaucoma, Amaurosis, Myopia, Presbyopia, Common Sore Eyes, or Weakened Vision from any cause. No animal except man wears spectacles. **There need not be a spectacle used on the streets of the world and rarely to read with. Street glasses abandoned.** Actina also cures Neuralgia, Headache, Colds, Sore Throat, Bronchitis, and Weak Lungs. Actina is not a snuff or lotion, but a **Perfect Electric Pocket Battery**, usable at all times and in all places by young or old. The one instrument will cure a whole family of any of the above forms of disease.

Mr. F. W. Harwood, Springfield, Mass., says that "Actina" cured him of deafness of nine years' standing.

Robert Baker, 80 Dearborn Street, Chicago, Ill., writes: "I should have been blind had I not used 'Actina.'"

Prof. Wilson's Magneto-Conservative Garments cure Paralysis, Rheumatism, and all chronic forms of disease. These garments are as puzzling to the physicians as is the wonder-working "Actina."

A VALUABLE BOOK FREE. Prof. Wilson's Treatise on the Eye and on Disease in General. It should interest everyone afflicted with any form of disease.

NEW YORK and LONDON ELECTRIC ASSOCIATION,

Dept. 206. 929 Walnut St., Kansas City, Mo.

it must, therefore, be reduced at all hazards and costs. Antipyretics and febrifuges, from acetanilid to antipyrin, all of the coal-tar derivatives on one side, to all the compound proprietary antis, warranted not to depress the heart, upon the other (and the eclectic usually not forgetting his veratrum viride in adults and aconite in children, is imbued with the same anti-pyretic idea) are given until that temperature drops. What is the cost and consequence? The patient drops, too, and then begins another fight. But it is of a different nature. Before it was the use of sedatives, and now it is with the stimulants. Digitalis, ammonia, whiskey, oxygen, everything is given to keep the patient from slipping down and out; and too frequently he gets away, as is evidenced by the fact that for about eight months of each year the death rate from pneumonia, especially throughout the northern part of the United States, greatly exceeds that of the "great white plague"—consumption. In our opinion, it is the drug treatment that kills. The administration of depressants to reduce fever, then the overstimulation. And who is it that does not treat pneumonia this way? Who is it that does not have his favorite "fever drops," his anti-pyretic mixtures and tablets of some kind? In pneumonia, depressing drugs kill thousands, while in an effort to overcome their depressing effects other thousands are slain. Temperature in pneumonia, as in typhoid fever, should not be combatted unless it reaches such a degree that it will of itself produce functional disturbances or organic change, etc., that may lead to death. Then only does it demand treatment. It is at all times a symptom, and the cause lies back of it, and when the latter is removed or met by treatment, the fever disappears with it.

* * *

Suggestive therapeutics is destined to great prominence and will be found to be a great factor in the future history of dentistry and medicine. It has passed the experimental stage and stands today as a demonstrated fact before the scientific world. It is time that the public should understand more of the power of Suggestion. Then will "Christian Science," "Divine Healing," "Divine Science," "Mental Science," and "Magnetic Healing" be divested of their mystery, and consequently relegated to their proper place in the minds of the people. That they have relieved thousands of people, we do not wish to deny. How has this been done? Simply by Suggestion. It has been correctly said that there is some truth in all of these. What we want is the Principle by which they accomplish good. This Principle is Suggestion. The curative or destructive influence of mind over matter is no longer a mere theory. By proper Suggestion, pain may be induced in a perfectly sound and healthy part of the anatomy, and become as real to the subject as though severe injury has been inflicted; and, on the other hand, existing pain is no longer experienced. Surgical operations of all kinds are being performed in which the patient experiences no pain and in which no drug is employed, suggestive anesthesia being the only cause for these results.—*Dental Cosmos.*

* * *

This is an age of keen investigation, of truth-finding and idol-breaking. He who is afraid to investigate for fear some cherished idol may crumble, is not a true scientist. "Age can not sanctify an error." If it shall so be that the Samsons of truth carry away the pillars of error that uphold a false conception of the cause of disease, a temple of truth divinely fair will spring, Phœnix-like, to fill the void—the temple of the Chemistry of Life.—*Journal of Biochemistry.*

Weak-minded people sometimes are the most headstrong.

* * *

Don't prolong a quarrel. Make a hard fight and then quit—win or lose.

* * *

A woman's mind is on something higher than dress when she wants a new bonnet.

* * *

The trouble with the average man at fifty is that he's only about half as smart as he thought he was at twenty-five.

* * *

When some men hear of a neighbor losing his good name they are probably glad they have none to lose.

* * *

Holding the breath occasionally is said to be resting. If it doesn't rest the holder, it will at least give the others a rest.

* * *

It is pretty hard for a man to keep on being a pessimist when a beautiful woman looks up into his eyes and tells him she is just awfully interested in his work.

Little journeys to lake resorts and mountain homes will be more popular this summer than ever. Many have already arranged their summer tours via the

Chicago, Milwaukee & St. Paul Railway

and many more are going to do likewise. Booklets that will help you to plan your vacation trip have been issued for those interested and will be sent on receipt of postage as follows:

"Colorado—California" six cents.
"In Lakeland" and "Summer Homes," six cents.
"Lakes Okoboji and Spirit Lake," four cents.

F. A. MILLER, General Passenger Agent, Chicago.
Chicago, Milwaukee & St. Paul Railway.

HEADQUARTERS

For

all Metaphysical, Occult and Liberal literature.

Any book desired not in the extensive stock on hand, will be procured at once, and all mail orders promptly filled.

All in Chicago, or throughout the country, are invited to make themselves at home in the rooms, whether intending the purchase of books or not.

COOLIDGE & WATERLOO
87 Washington Street,
Send for Catalogue. Room 419.

Exchange Table

Nature is your friend. Health is as contagious as disease. Obey the laws of health and each fibre, cell and organ will live and increase in life. Sickness comes only when Nature's laws are broken, and frequently only then after years of continued and persistent violation of these laws. Ask any honest physician and he will tell you that 90 per cent of all his calls are made on cases where the illness might have been prevented. Health is natural, disease unnatural. Health is growth, disease shrinkage. Health is right, truth and obedience, while disease is wrong, the result of imperfect living and as unnecessary as theft, arson or murder. Get well and keep well!—*The Clinic.*

* * *

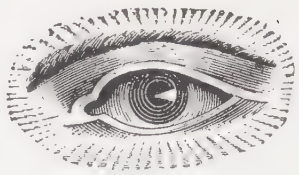
Fear not, for there is nothing to fear. Worry not, for the future never comes. Live today in the sunshine of the joys which are so apparent if we but step forth from the shadows of our morbid foreboding. Every one of the gifts of Mother Nature is friendly to us if we but assume a friendly attitude. Keep your motives pure and good, and do all you can to forget yourself in service for others. Take life and its condition as you find it, believe it is ever advancing toward the fuller, the more complete and perfect life. Have a trust in a higher power than your own. Await even death with calmness and resignation, knowing it is but one of nature's processes, and must be a blessing. When our time comes, as it surely will sooner or later, we will lay down our toys, and, like "Little Boy Blue," sink into a peaceful sleep, to awake in a brighter moon to find that the bogus man we so much feared the night before exists but in our imagination.—*The Light of the East.*

* * *

A year ago three prominent physicians told a noted New Yorker that he was afflicted with locomotor ataxia, and beyond the power of cure. Thereupon this man, who, even when he used two canes, "floundered around wherever his legs chose to take him," went to a gymnasium. He took exercise in ten-minute-installments. It was torture, but he persisted in it, and when he was not exercising he stayed out-of-doors. Presently he began to ride the bicycle, too, although he could not stop his machine except by putting on the brake and falling off. After seven months of hard work his legs were "still wabbly," but he began to play hand-ball. Through the winter he kept up regular practice in the gymnasium, gaining all the time, surely, though slowly. This spring he had the reward of a year of prodigious and painful effort. He could take forty-mile rides on his bicycle. The doctors say he has perfectly recovered. He says he never felt better. Here is inspiration for invalids. Many a man might cure himself of "incurable" disease, as this man did, if he would only make a fight for health.—*Youth's Companion.*

* * *

At least ninety-eight per cent of our mental life is sub-conscious. If you will analyze your mental operations you will find that consciousness—conscious thinking—is never a continuous line of consciousness, but a series of conscious data with great intervals of sub-conscious. We sit and try to solve a problem, and fail. We rise and walk around, try again and fail. Suddenly an idea dawns that leads to the solution of the problem. The sub-conscious processes were at work. We do not volitionally create our own thinking. It takes place in us. We are more or less passive recipients. We cannot change the nature of a thought or of a truth, but we can, as it were, guide the ship by the moving of the helm. Our mentation is largely the result of the Cosmic Whole upon us. Annihilate the Cosmos, and our thinking would instantly cease.—Prof. Elmer Gates, in *Mind Building.*



Doctor, are you contented? Is your income satisfactory? Would you not like to increase it? If so, you can do it easily by taking our Correspondence Course in Optics. You can learn all about Refraction and become an expert in the art of fitting glasses in from 30 days to two months. The testimony of all who have taken our Correspondence Course is that it far exceeded their expectations. The Golden Cross Eye, Ear, Nose and Throat College is a regularly chartered college and grants two diplomas and degrees to each student, one entitled "Fellow in Ophthalmology" and the other "Doctor of Optics."

There are no books to buy; the college furnishes all lessons.

The practice of Refraction is very enticing and profitable for both sexes and the salesman, clerk or mechanic can learn it just as easy as the physician. Anybody who can read and write is capable of mastering our course. One fee pays for both Correspondent and Attendant Courses and all Extension Courses. It includes a life scholarship. Graduates of the Golden Cross are recognized all over the world as Optical Experts. The Golden Cross College is recognized and endorsed by the Medical Fraternity of the United States and Europe. Its diplomas are legal documents because they are granted by state authority, our college being chartered by the state of Illinois.

All who write soon mentioning this journal will receive a very interesting optical lesson free, also prospectus, etc.

Address

Department D of the Golden Cross Eye,
Ear, Nose and Throat College and Clinic,
Chicago, Illinois.

TRUE ANIMAL IRON

Physicians everywhere are looking for a **Blood** reconstructant that contains every element of nutrition of the animal, mineral and vegetable kingdoms, viz.: **Animal Iron;** a reconstructant that will supply every deficiency in the blood of anaemic patients in adequate quantity and quality: one that will nourish—stimulate—assimilate—without tax on the digestive organs. These requirements are all found in perfection in

BOVININE

It Contains 10% Animal Iron,

20 % Coagulable Albumen, and all the constituents of healthy **Blood.**

It is thoroughly sterile, requires little or no digestion, and produces blood corpuscles that **Mature.** Corpuscles of fullness and integrity. Herein lies its great superiority over any and all the preparations of inorganic iron. Your microscope will prove the truth of these facts. Our scientific treatise on Haematherapy for the asking. It contains reports of hundreds of cases.

THE BOVININE COMPANY

75 West Houston St., New York

"A Wholesome Medicine Is Cheer."

A wholesome medicine is Cheer,
And Hope a tonic strong;
He conquers all who conquers Fear,
And shall his days prolong.

A happy heart, a cheerful lip,
Contagious health bestow;
As honey bees their sweetness sip
From fragrant flowers that blow.

Who lives in Love's enchanted hall,
Where Fear nor Sorrow stalk,
The melodies of Peace o'er all
Shall hear though men may mock.

—*Exchange.*

Tact is the quality that will make even a very unattractive woman very charming.

It is better to be interesting than clever.

Lots of men talk like philosophers and act like fools.

Very few people can be delightfully improper succesfully.

The bunion's progress is painfully interesting to the pilgrim.

Most of us prefer a knave to a fool; he is apt to be more interesting.

The saddest experience of life is the awakening to find our idols—clay.

A man never forgives a woman for being more clever than he thinks himself.

A letter is an index to character, culture and the general makeup of the writer.

For each man who pities you because of your misfortune a thousand will hate you because of your success.

THE INTERNAL BATH

BY MEANS OF THE J. B. L. CASCADE TREATMENT

GIVES HEALTH, STRENGTH, VITALITY.

The **J. B. L. Cascade** is the only appliance specially made for the successful **practice of the internal Bath.** It is simple in construction, absolutely safe, invariably effective, and can be applied by any person.

The fundamental principle of the internal bath and its appliance, the **J. B. L. Cascade,** is, roughly stated: Every disease arises from the retention of waste matter in the system—Nature's drainage being clogged. In the vast majority of cases the clogging is in the colon or large intestine. Positively the one harmless and efficient means of clearing away this waste is the internal bath given with the **J. B. L. Cascade.**

The statement of fact in the last sentence is deceivingly simple, for there is **no device or invention** in medicine which, for far-reaching beneficence, for scope of usefulness to sick and well, surpasses the **J. B. L. Cascade.** There is room here merely to touch upon its field, the vastness of which may be suggested to you by pondering on the question: "If external cleanliness is essential to health, how much more important is internal cleanliness?"

The internal bath is a sovereign remedy for ninety-nine per cent. of all diseases. Its action prevents and **cures Appendicitis, Biliousness. Dyspepsia, Typhoid and all Malarial Diseases, Headaches, Constipation, etc.** The only treatment that gives immediate relief in cases of over-indulgence in eating or drinking.

This wonderful treatment is in successful use by 200,000 people. It is endorsed and prescribed by eminent physicians. An abundance of letters from grateful people bear witness to its astonishing merit.

CONVINCING EVIDENCE

"The most perfect system of medical treatment that the wisdom of man has yet discovered."
BURCHAM MILLS, ALA. Rev. J. B. RICHARDSON.

"I still keep recommending the 'Cascade treatment' in my pastoral work. I consider it the greatest discovery of the closing century, bringing Joy, Beauty and Life to so many that had almost despaired of ever again feeling the tingle of health in their bodies."
NEW PLYMOUTH, IDAHO. Rev. W. L. STRANGE.

"I am using it for bladder and kidney trouble, and it has afforded me the most wonderful relief. My satisfaction is so great that I shall do all in my power to induce others to use it." Rev. J. H. HYMAN.
OWENS, DE SOTO CO., FLA.

"I have been using the 'Cascade,' both myself and family, for about three years. I am delighted with it, but that does not express it. I shall do all I can to persuade others to use it." Rev. J. H. FORTSON.
TIGNALL, GA.

We want to send free to every person, sick or well, a simple statement setting forth this treatment. It contains matter which must interest every thinking person. If you live in New York you are earnestly invited to call, but if you cannot call, write for our pamphlet, "The What, The Why, The Way," which will be sent free on application, together with our Great Special Offer for this month only.

TYRRELLS HYGIENIC INSTITUTE, Clerk 17-C-
1562 BROADWAY, NEW YORK

The Realm of Books

A Valuable Assistant.

An autograph copy of an excellent little work entitled "The Electro-Therapeutic Guide," by William F. Howe, M. D., and Homer Clark Bennett, M. D., has found its way to my desk. This hand book on Electro-Therapeutics will prove a valuable addition to the library of everyone practicing medical electricity.

Dr. Bennett is head of the National College of Electro-Therapeutics, Lima, Ohio, and, if we are to judge his course of instruction by this book, his students receive a valuable, practical course in Medical Electricity. The "Electro-Therapeutic Guide" is the multum in parvo of Electro-Therapeutics for the busy practitioner; as its name indicates it is not a text book, but a help. It tells at a glance what to do, and when, where and how to apply the various treatments, and how long to make the applications for different conditions.

The Guide will be sent to anyone mentioning SUGGESTION and sending $1.00 to Dr. H. C. Bennett, Lima, Ohio.

* * * * * * *

A SYSTEM OF PHYSIOLOGIC THERAPEUTICS: A PRACTICAL EXPOSITION OF THE METHODS OTHER THAN DRUG-GIVING, USEFUL IN THE PREVENTION OF DISEASE AND IN THE TREATMENT OF THE SICK. Edited by Solomon Solis Cohen, A. M., M. D.; Vol. V; PROPHYLAXIS, PERSONAL HYGIENE, CIVIC HYGIENE AND CARE OF THE SICK; Philadelphia, P. Blakiston's Son & Co., 1903.

This is a volume of 539 pages, being a complete cyclopædia of modern prophylaxis. This publication marks an important epoch in modern materia medica; it is the herald of the healing art of the future, and, as the *Boston Medical and Surgical Journal* aptly says:

The era of a broadly conceived therapeutics, which includes but by no means confines itself to drugs, has evidently dawned.

Suggestion can heartily endorse the following from the *Johns Hopkins Hospital Bulletin* regarding the publication mentioned:

There is surely room for just such a set of books. We have been too prone to think that we were teaching therapeutics sufficiently when we taught our students the old materia medica and the use of mere drugs, forgetful and careless of the importance of the therapeutic value of the methods of which this series of books will speak .

* * * * * * *

VIM FOR APRIL. Editor Von Boeckmann is, in this magazine, teaching the doctrine of health by breathing and exercise, and any one who is awake on the question of bodily strength and vigor can find help from this publication. Professor Von Boeckmann has a message for tne world, and he is worthy of a hearing.

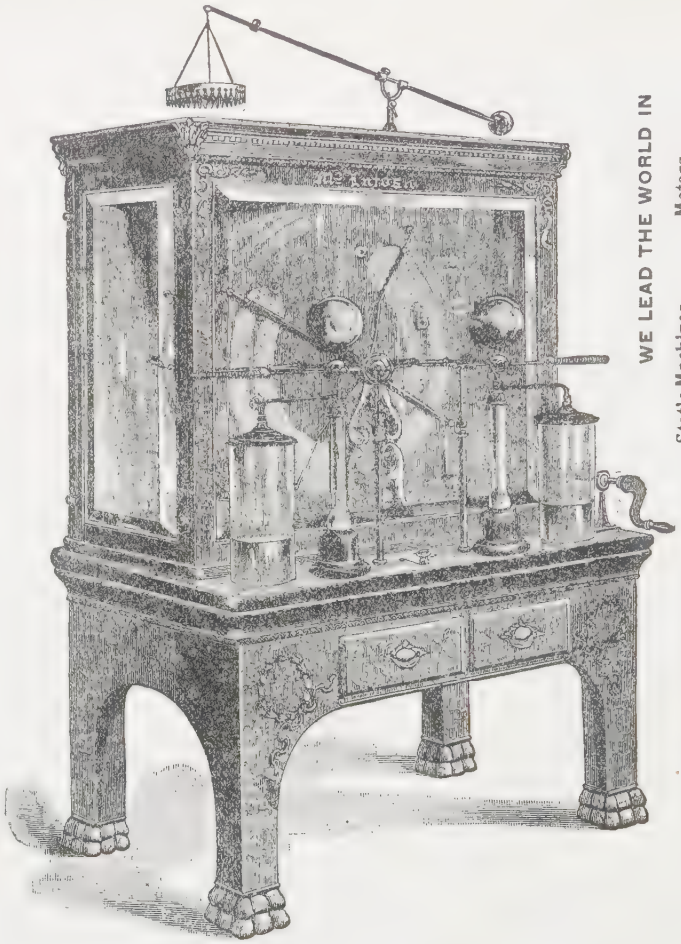
The leading articles are Momentum-Inertia exercises and Infantile Physical Culture by the editor; Health Habits of successful men, Dr. Oswald; Hurry and Worry; Women as Health Cranks, Helen Van Ort; Extracts and Reviews, Facts and comments, etc. Vim Publishing Company, New York.

* * * * * * *

GOOD HEALTH for April is filled with practical things about hygiene. This magazine advocates natural methods in the care of the physical frame, and those interested in drugless therapeutics will find many thoughts to commend. Some of the articles are Air Contamination, Studies in Costume, Nonflesh-Eating and Physical Endurance, Care of the Teeth, Swedish Gymnastics, Common Faults, The Hundred Year Club, General Topics, etc., Batle Creek, Mich.

THE ACME OF PERFECTION
both Mechanically and Electrically

It has no equal for either
X-RAY
or
THERAPEUTIC WORK.



WE LEAD THE WORLD IN
Static Machines Meters
Office Cabinets Electrodes
Rheostats Portable Batteries

YOU CAN MAKE
NO MISTAKE IF YOU BUY
McIntosh Apparatus

McIntosh Improved Construction Sixteen-Plate Static Machine.

The Name
McIntosh
—IS A—
Guarantee
of Quality.

"The measure of choosing well is whether a man likes what he has choosen."

Write us for our
23rd Edition
CATALOGUE
NOW READY.
MAILED FREE.

SEE OUR CATALOGUE BEFORE YOU BUY.

Office, 39 West Randolph Street.

THE MEDICAL BRIEF, St. Louis and New York, for April contains a large amount of valuable information for doctor and layman; in brief, The Brief is a comprehensive, popular and rational medical journal. The editorials are a feature and cover a wide range of topics, all handled in a liberal and progressive spirit. Editorial headings are: Need More Pay; Life is a Fight; Mental Freedom; The Only Genuine Aristocracy; Should Get What You Pay For; Pneumonia; Disappointments; The Bladder; Bugs; Religion; Prejudices; Consumption; Old Sentimental Ideas.

* * * * * * *

THE NATUROPATH AND HERALD OF HEALTH, New York, for March, contains the third installment of "The Folly of the Food Habit," by Editor Purinton. This journal stands for naturalism as a rule of life, the cure of disease by nature-methods to the exclusion of drugs, and is broad enough to embrace all forms of rational-therapy.

* * * * * * *

Down in San Antonio, Texas, another doctor has discovered the power of mind to cure and create, and he is publishing a spicy little journal called "IT," devoted to the evolution of the individual. This little fellow belongs to the SUGGESTION family, for It will soon discover that suggestion rules the world.

* * * * * * *

MYSTERIES OF THE SEANCE, AND TRICKS AND TRAPS OF BOGUS MEDIUMS. By a life-long spiritualist: Lunt Bros., Boston Mass.

This is a sixty-four-page pamphlet, showing how all the various spiritualistic phenomena are produced, such as blood writing, spirit pictures, trumpet talking, flower materialization, form materialization, spirit lights, etc., etc.

To show the spirit in which the pamphlet is written and to throw some light on spiritualism in general, we give herewith a portion of the introduction:

> It is not a pleasant task to write regarding the faults or misdoings of our fellow-mortals, but there are times when it becomes a necessity, in order that the public in general, and our friends and acquaintances in particular, may be protected from the rascality and greed of conscienceless scoundrels. It is a fact well known to the brainiest men and leaders of the movement, that Spiritualism is today carrying an mimense load of fraud and rascality. They know that a large proportion of so-called mediums who are posing as demonstrators of "spirit return" are dishonest in their work. and use more or less of deception. This is true, not only of "phenomenal" mediums, but also of those whose specialty is the mental phase, or "test" mediumship, as we shall show in these pages.
>
> The writer of this has been a "confirmed" Spiritualist for many years, and has passed through all the various stages of investigation, credulity and skepticism usually experienced by converts to the Spiritualistic philosophy. He has investigated carefully and without prejudice every phase of mediumship presented by professed mediums from Maine to California, and is as firmly convinced as a mortal can be from the evidence of his five senses, supplemented by intuition and a fair supply of common sense, that death, "so-called," does not end all and that the spirit or immortal part of man can, after the change called death, return under certain conditions and communicate with those who are still in the flesh. Also that certain physical phenomena can and do occur at times, but that such manifestations are exceedingly rare and entirely beyond the control of any medium. To show how the counterfeit presentments of these phenomenal manifestations are produced, in order that Spiritualists may be able to detect and expose them, is one of the objects of this book.

* * * * * * *

A STUFFED CLUB is the name of a modest little magazine edited by Dr. John Henry Tilden, Denver, Colo. Dr. Tilden is an old school physician regenerated, and nobody can read his magazine without having a few stray thoughts stirred up. The doctor makes war on drugs, superstitions, dogmas and creeds, and conventionalities; his motto is: "I believe man's opinions are honest; it's his interpretation of phenomena that plays havoc with truth."

* * * * * * *

THE CRITIQUE, a homeopathic medical journal published in Denver, is one of the handsomest publications, typographically considered, that reaches this office.

* * * * * * *

SUGGESTION 1 year and The Law of The New Thought—Atkinson. $1.50.

SUGGESTION 1 year and The Composite Man—Pratt. $2.00.

NUT FOODS

A Rational Diet for all Forms of Indigestion, Constipation Stomach Troubles, Etc.

Mr. E. B. Compher, 4232 Evans Avenue, Chicago, says: "Four months ago, when I first commenced the use of your Malted Nut foods, my stomach was in a bad condition and my strength failing to such an extent that I expected soon to give up my position. Since using your foods I have been steadily gaining health and strength and now can do my work with ease, and can eat most anything without the least inconvenience.

Four life-giving, strength-building, brain-nourishing foods· MALTED NUT BREAD, MALTED NUT CHEESE, MALTO-FRUITED NUTS, NUT BUTTER.

Send 35 cents for sample package (sent prepaid). **New Recipe Book Free.**

CHICAGO PURE FOOD CO. 5159 40th Street, **CHICAGO**

Eastern Office: KLUMP MFG. CO., 5 Devereaux Bldg., Philadelphia, Pa.

SANMETTO FOR GENITO-URINARY DISEASES.

A Scientific Blending of True Santal and Saw Palmetto In a Pleasant Aromatic Vehicle.

A Vitalizing Tonic to the Reproductive System.

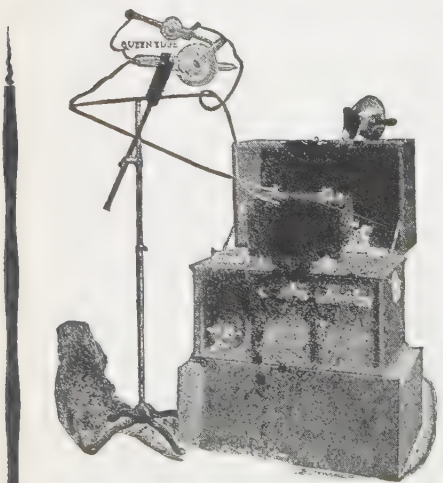
SPECIALLY VALUABLE IN
PROSTATIC TROUBLES OF OLD MEN—IRRITABLE BLADDER—
CYSTITIS—URETHRITIS—PRE-SENILITY.

DOSE:—One Teaspoonful Four Times a Day. **OD CHEM. CO., NEW YORK.**

X-Ray Supplies

We make a Specialty of X-Ray Supplies

Pleased to Receive Inquiries
Correspondence PROMPTLY Answered



We manufacture and deal in Static Machines, Induction Coils, etc. Our Special Portable Coil Outfit should be in the hands of Every Physician. It is compact, being 18 x 24 x 30. Moisture does not affect it. In addition to X-Ray work a Switch Board Attachment enables the Doctor to do Galvano-Cautery, Miniature Lamp, Static Breeze, Spray and Spark. With all accessories complete for above work, $175. Write for Catalogue "L." Our outfits are endorsed by the leading Specialists throughout the United States and Canada.

American X-Ray Company

35-37 RANDOLPH ST., CHICAGO

ELEANOR KIRK'S IDEA, one of the best exponents of the New Thought cult, for April contains the following articles by the editor: Black and Blue, New Thought Condemnation, The Care of the Body (showing autosuggestion to be the ground work of health), and Making Money. Eleanor Kirk belongs to that class of American women who do their own thinking consequently she has ideas; consequently she is interesting. Her sanctum is 696 Greene avenue, Brooklyn, N. Y.

* * * * * * *

PERFECT HEALTH; How to Get It and How to Keep It. By One Who Has It; Charles C. Haskell, Norwich, Conn. This book is sold with the following guarantee:

"Any person who purchases this book and adopts and follows its teachings for one month and is not entirely satisfied with the improvement in his health, may return the book and the price will be refunded." This book will be a revelation to the chronic invalid who earnestly desires health. It teaches how to have health, without healers and without cost. For further information send postal to publisher; a more extended notice will appear next month.

* * * * * * *

THE April issue of the *Mental Advocate*, Chicago, is the anniversary number; the editor is Dr. Paul Edwards, who is a strong advocate of drugless healing—healing by strictly scientific methods, is a thoro believer in Psycho-therapy. The issue contains several practical articles on health, hygiene, mental training, suggestive therapeutics, etc.

* * * * * * *

THE BODY BEAUTIFUL; COMMONSENSE IDEALS ON HEALTH AND BEAUTY WITHOUT MEDICINE. By Nannette Magruder Pratt, New York. $1.25.

This is a beautiful volume, handsomely bound and printed, and with some charming photos showing poses, illustrations for exercises. This book will be reviewed next month and promises to be a perfect mine of practical information about the care of the body.

Progress of Science

Dr. F. Alexander Barton is considered to be the most original of the new airship designers. He has achieved the remarkable feat of persuading the British War Office to order a military airship from him. That body is well known to be exceedingly averse to new scientific inventions calculated to embarrass the enemy in time of war.

Dr. Barton's new airship is 180 feet in length and weighs nearly 10,000 pounds. The deck is about 104 feet long, and the machine is designed to carry seven or eight persons, four being required to work it. It is driven by three pairs of propellers arranged on the sides of the car, each pair being worked by a 45-horse power petrol motor. An automatic water balancing apparatus keeps the machine always perfectly horizontal, even when passengers walk along the deck. The framework of the machine is of tubular steel and braced together by steel wire in tension. It has nine aeroplanes that can be shifted to make the ship rise or fall.

The doctor expects to cross the Atlantic this summer in his air ship, and Stanley Spencer, another English aeronaut, is completing an air ship, in which he expects to fly to the St. Louis Exposition.

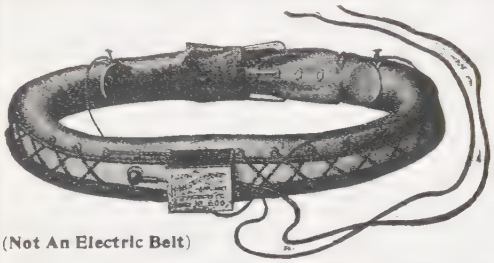
* * * * * * *

A late newspaper writer makes some extraordinary statements about a pound of coal. He says:

A pound of what may be called average coal is somewhat smaller than a man's fist, but it contains about 16,000 heat units, and these, when adapted to mechanical work, are equal to 236 horse-power for one-fifth of a minute. The 236 horse-power of potential energy contained in the pound of coal is enough to haul a train of eight cars for a period of twelve seconds, or a distance of one-sixth of a mile, going at the rate of fifty miles an hour. It has also been found to be able to draw a cable train, including the grip-car and trailer, for a distance of two miles at the rate of nine miles an hour. It will also pull an electric car

MENTAL ACTIVITY—PHYSICAL CAPACITY

are generated through vibratory motion. It improves the circulation and causes greater activity in the organs of secretion, which are thus enabled to throw off poisonous matter that would otherwise infect the system. A perfect invention for this purpose is the



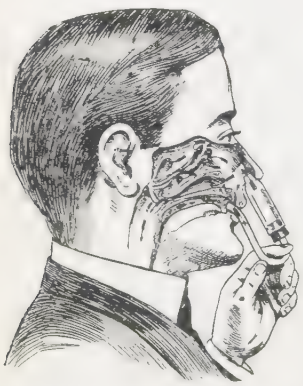
(Not An Electric Belt)

HYGEIA VIBRATOR

By its means nervous energy is multiplied, muscles are stimulated to activity, and secretion of the glands is increased! Powerful and agreeable activity is imparted not only to the tissues near the surface, but to every deep-seated internal organ. New life changes take place in the molecules of the body. A certain cure for **Nervous Exhaustion, Brain Fag, Insomnia, Paralysis, Rheumatism, Gout, Stomach and Bowel Troubles, Headaches,** etc. Will enable you to

PROLONG LIFE

A boon to all who seek a means of HOME TREATMENT which can be easily and safely applied. Booklet and full information Free. Write **HYGEIA VIBRATORY CO., 312 Wabash Ave., Chicago.**



Just Blow, Blow, Blow,

THAT'S ALL.

A rational treatment for Catarrh, Colds and Throat Troubles.

Most severe colds have been cured in one night. Euca-Tar Catarrh Cure and Nasal Blow Pipe. You blow the medicine directly to the seat of trouble; a liquid germ destroyer, healing, soothing, pleasant. A large bottle of Oil of Eucalyptol sufficient for three months, and Blow Pipe postpaid for 75 cents.

CHICAGO PURCHASING CO.,

145 Oakwood Boulevard, Chicago.

Orders received for all classes of merchandise.

EAT SOME AIR!

Deep breathing promotes health. Read **"Just How to Wake the Solar Plexus,"** by *Elizabeth Towne.* It gives breathing exercises of great value; tells how to control the emotions; develop concentration; KILL FEAR; banish anger, hate, worry, etc. Ella Wheeler Wilcox says of this book in the N. Y. Journal: *"It contains a fortune in value if you follow its simple rules."* Send for a copy NOW. **Price 25 cents.**

WILLIAM E. TOWNE, Dept. 17, HOLYOKE, MASS.

Under What Star Were You Born?

Oriental astrology tells you this and many other events in your life, which will help and interest you. Send birth-date with 10c for copy of my new book on astrology and illustrated magazine of "Astrological Forecasts," entitled

FATE

The January number contains the illustrated horoscope of Miss Alice Roosevelt and Napoleon. The February number contains the horoscope of Emperor William of Germany; the March number, Pope Leo XIII.; April number, General Nelson A. Miles.

PROF. C. S. POSTEL, Lansdowne, Pa.

50 YEARS' EXPERIENCE

PATENTS

TRADE MARKS
DESIGNS
COPYRIGHTS &C.

Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. HANDBOOK on Patents sent free. Oldest agency for securing patents.

Patents taken through Munn & Co. receive *special notice*, without charge, in the

Scientific American.

A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms, $3 a year; four months, $1. Sold by all newsdealers.

MUNN & Co. 361 Broadway, **New York**
Branch Office, 625 F St., Washington, D. C.

well filled with passengers for two miles and a half at a rate of ten miles an hour.

If the power of a pound of coal is compared with the work of a strong man used to hard labor, it will be found that there is more than sufficient power in the pound of coal to do in one minute the day's work of eight hours of five strong men. The work of a strong man is estimated to be equal to one-tenth of a horse-power, which, allowing for momentary stops, gives a total of his day's labor in horse-power of 43.2. At this rate it would take 2,600 men, working constantly, to do jointly the same amount of work in one minute as can be done by a single pound of coal.

A medium wage for labor is 30 cents per hour or one-half a cent a minute. The pound of coal therefore does work to the amount of $13.00 in the physical labor of strong men. If coal-power cost the same as man-power in horse-power, according to the foregoing figures, a ton of coal would be worth $26,000.

If a piece of potassium is pressed with a knife blade upon a cake of ice, the chemical action of the materials is so energetic that they burst into a reddish flame, and a hole is made in the ice where the potassium was in contact with it.

* * * * * * *

Take the number 37, multiply it by 3 and all the multiples of 3 up to 27, and notice the peculiar results obtained. Note also that the sum of the figures in each product is equal to the multiplier.

37	37	37	37	37	37	37	37	37
3	6	9	12	15	18	21	24	27
111	222	333	444	555	666	777	888	999

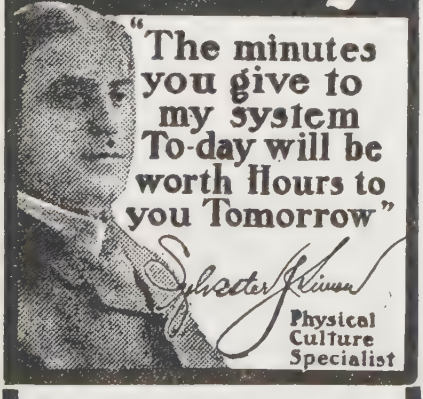
* * * * * * *

MODERN standard physical measurements for a perfect woman, five feet, five inches tall, are given in an exchange as follows:

Neck	12¾ inches
Bust	36 "
Waist	23 "
Hips	38 "
Upper arm	13 "
Forearm	9 "
Wrist	6 "

Distance from waist line to floor, 39 inches.

Simon says


"The minutes you give to my system To-day will be worth Hours to you Tomorrow"
Sylvester J. Simon
Physical Culture Specialist

Simon's Natural Development System

A METHOD OF PHYSICAL CULTURE BASED ON the only rational principle—bodily power used to combat natural ills—and endorsed by thousands of prominent business men and women as an unfailing corrective of **Indigestion, Constipation, Rheumatism, Torpid Liver, Insomnia, Kidney Troubles, etc.** MAIL COURSE for non-residents. Write or call for booklet and full information.

Sylvester J. Simon, S-14 Quincy St., Chicago.

The Stone Method

For Men and Women

All Ages 5 to 85 Years

This picture illustrates the muscular and chest development of one of our pupils, Mr. George Bosworth, of Beatrice, Nebr. Mr. Bosworth wrote us an interesting letter giving his opinion of **The Stone Method** We will send you his letter if you desire it. **The Stone Method** is a system of exercise which requires no apparatus, and only 10 to 20 minutes' time each day in your own room just before retiring. **Does not overtax the heart.**

Women receive as much benefit from **The Stone Method** as men. We are the only instructors of prominence who pay special attention to instruction of women and children. Mrs. Ellen Walker, who has charge of this department, has had an extensive experience, and alone opens and answers letters of a private nature.

24-Page Booklet with photos from life FREE

We have prepared one for men and one for women, which contain many photos from life, showing what others have accomplished by **The Stone Method**, and what you may accomplish if you will.

Write today for Free Booklets.

THE STONE SCHOOL OF PHYSICAL CULTURE
1692 Masonic Temple, Chicago

Hygiene

Normal Hunger.—One of the principal reasons why people need the use of appetizers is the simple fact that they have eaten when not hungry, and clogging and loss of appetite have resulted. When the digestive organs and their appendages have rid themselves of the decomposing, unbidden meals that have been eaten and that are still a tax upon the system, then, and not until then, will normal hunger return. There is no better way to cleanse the stomach, liver, kidneys and blood of impurities than through exercise and fasting and the drinking of a glass of hot water every few hours.—W. P. Burke, M. D.

* * * * * * *

"Pure water, with as little solid matter as possible, and water that is especially free from lime salts, is about the only drink that can be said to be good for rheumatism," says Dr. Van Den Burg, of New York. Indeed, there are many who go so far as to claim that were distilled water the universal beverage and alcoholics discarded, that rheumatism would cease from troubling humanity.—*The Clinic.*

* * * * * * *

Air as a Tonic.—In the first place, the person who is in the habit of properly oxygenizing his blood by deep breathing and steady, judicious exercise, is always a rested and consequently a restful person. There is something in the proper inhalation of God's ethers that swiftly builds up and beautifully illuminates. These ethers contain health, happiness, power, and amazing prosperity. There is nothing in this realm that cannot be found and appropriated.

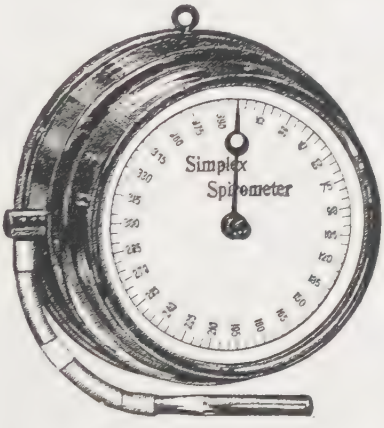
Almost all the teachers of deep breathing and physical culture have an original, or, rather, an individual way of teaching their students. There is the usual criticism of others' methods, while in reality there is no need of an especial method. Any person possessed of a few working brain cells and a little gumption can do his own work and do it successfully without paying a dollar to any one. There are just a few primary things which should be understood. The first is that the lungs must be only indirectly exercised by the work of inhalation and exhalation. Breath must be taken from the abdominal center, held a moment, and then let out slowly. The best breathing is of the rhythmical sort, easy, steady, and with a thought of aspiration.

It does not take long to acquire this harmonious swing, and after a while—according to the faithfulness of the student—the old gives place to the new and life becomes a very different affair. Try it, you who are in the habit of taking tonics and all sorts of pick-me-ups for the mitigation of exhaustion. Take my word for it that this condition is caused mainly by the breathing of impure air in cramped positions. Throw up the window and inhale the fresh ethers—always through the nose, with lips closed. This treatment will beat any drug that was ever prescribed. It has not been manipulated by mortals, but comes straight from God. The oftener you do this the stronger you will grow. Eleanor Kirk.

* * * * * * *

Vegetarians will be pleased to note that European investigators have shown that uric acid is formed more readily with a meat diet than when vegetables only are used. The report states that "with an exclusive meat diet there was an elimination of uric acid of 1.398 grains, and opposed to this under exclusive bread diet only 0.235 grains in 24 hours." Thus a meat diet produces over six times the amount of uric acid as a vegetable regimen. If this report is confirmed it would seem that when the uric acid diathesis is marked that a restricted meat diet is indicated.

Strength for Your Lungs.



Why have a flat, hollow chest?

Increase your breathing capacity and you increase your vital forces.

The Simplex Spirometer accurately registers lung capacity (not pressure) in cubic inches;—the dial shows the daily improvement;—a most fascinating method of breathing gymnastics;—will not harm the most delicate lungs;—will help the most powerful.

Particulars for a postal.

Using a Spirometer will increase chest expansion quicker than any other method.

Dr. W. L. Holbrook, 46 E. 21st St., N. Y.:—"A most excellent instrument for developing and strengthening the lungs."

Dr. W. R. C. Latson, 503 Fifth Ave., N. Y.: "Invaluable in increasing lung development and general health."

The Simplex Spirometer Agency

4020 Drexel Boulevard, CHICAGO.

MOTZORONGO MATTERS.

Below are a few letters from excursionists who went to Motzorongo to investigate the estate at close range. Any one interested should communicate with some of these gentlemen and obtain information at first hand.

Dr. A. William Bixby, Watsonville, Calif., was one of the excursionists; he is a stockholder, and what he saw convinced him that further investments would be wise and profitable, and the doctor will be pleased to answer any questions regarding the company.

MOTZORONGO, MEX., March 30, 1903.

HERBERT A. PARKYN,
Chicago.

My Dear Doctor:

I want to tell you and the readers of SUGGESTION how much I enjoyed my trip to Motzorongo. I have been a reader of SUGGESTION for four years and invested in Motzorongo stock before I visited the property because you advised your readers to do so. I have doubled my investment since my visit to the property. This fact alone speaks more for my appreciation of the Motzorongo Company's proposition than anything else I might say. I shall add, however, that I found the property and present crops exceeded my expectations and I am satisfied that we have a wonderfully good investment. (Signed.)

DR. W. V. RIDDILE.
Burgettstown, Pa.

After riding a week over the Motzorongo property, examining the soil, the lay of the land, the timber, the cane, coffee, cattle, etc., belonging to the property, and taking into consideration the transportation facilities (both by rail and water), the salubrious climate, etc., I am more than well pleased with its possibilities and believe with efficient and honest management it will prove to be for its shareholders a first class financial enterprise.

This property is as represented by Dr. Parkyn in SUGGESTION—of which I have been a reader for years past.

Have decided to take as much stock as possible. (Signed.)

DR. F. ROYS.
Lake Preston, S. Dak.

March 30, 1903.

MOTZORONGO, MEX., March 30, 1903.

DR. PARKYN,

Dear Sir:

I am well satisfied with Motzorongo. It has a better climate and finer surroundings than I expected to find. The soil is good and the property is cheap. They raise all kinds of tropical fruits, sugar cane, oranges, pineapples, etc., of the best kind. The growth of the present crop of sugar cane is marvellous and should yield large dividends.

I intend to purchase a good block of stock on my return. Respectfully yours,
(Signed.) A. H. STREET, M. D.
Alden, Minn.

P. S. I have been a reader of SUGGESTION for several years and became interested in the Motzorongo proposition through reading the magazine. A. H. S.

"Eat Some Air!" This is the unique title of an ad. which appears elsewhere in this issue. This ad. describes a very interesting and out-of-the-common pamphlet on deep breathing. Be sure to read the ad. and then send for the pamphlet. Kindly mention that you saw the ad. in SUGGESTION.

The intelligent hygienist knows that more people suffer and die from not drinking enough than from overdrinking. The proportion is probably a hundred to one.

Next to breathing drinking is a prime necessity of all animal life. Solid food may be dispensed with for a long period—forty or fifty days at a stretch, as proved by the experiments of Tanner and his imitators—but none of these fasting cranks attempted to get along without water, even for a day.

A recent writer in the medical press insists that, contrary to the usual acceptation, water is a food. He discourses logically and plausibly concerning "organized water" and its great and unrealized value as a nutritive. His contention is that it is not only valuable but actually indispensable at every stage of the digestive function. Physiologists and dietists long since recognized the fact that the adequate hydration of food is quite as important and necessary as its mastication.

Autoinfection, indigestion, dyspepsia, constipation—these constitute a quartet of symptoms or ailments prolific of more suffering and actual disease than any other group that could be named, and they are all directly induced and aggravated by neglect or abstemiousness in the matter of water-drinking.

The quantity of fluid daily required by every adult of average weight is estimated at ninety ounces. A majority of all the people, barring the beer guzzlers, do not average to consume one-half that quantity. The results are evident.—*The Dietic and Hygienic Gazette.*

Diamonds ON CREDIT

THERE is only one stage of life—that of extreme poverty—where Diamonds are out of place. The wearing of a Diamond is prima facie evidence of easy prosperous circumstances if not of actual wealth. A Diamond is the badge of prosperity, and whether in business or society, a requisite of success. To be successful you must look successful, and to look successful you must wear a Diamond.

The LOFTIS *Easy Payment* PLAN has removed every difficulty in the way of an honest person who desires to wear Diamonds. No matter how far away they may be they have only to make a selection from our illustrated catalogue, and have any Diamond ring, stud, brooch, locket, earrings, cuff buttons, a high-grade watch or other article handed to them at their own door and left for examination. All charges for delivery will be prepaid, and if the article is not entirely satisfactory, your money will be promptly refunded. If you prefer to examine the article before paying any money whatever, we will send the Diamond to your Express office, where if it pleases you in every way, and is much better value for the price asked than you can secure elsewhere for spot cash, you can make the first payment and take the Diamond. In either case, you will have eight full months for paying the balance in equal monthly payments. **Remember, that we pay all delivery charges, and refund first payments promptly on return of the goods within a reasonable time.**

We are the largest house in the world in our line of business and one of the oldest (Established 1858). We refer to any bank in America. For instances, ask you local bank how we stand in the business world. They will refer to their Dun or Bradstreet book of commercial ratings, and tell you that no house stands higher in credit, promptness or reliability, and that our representations may be accepted without question. **WE GIVE A GUARANTEE CERTIFICATE** with every Diamond; make liberal exchanges at any time, allowing full price paid for a Diamond in exchange for other goods or a larger one. On cash sales we make a most startling proposition. We actually permit you to wear a Diamond of your own selection for an entire year at an expense of less than ten cents per week; then if you wish to return it, we refund all of your money—less ten per cent. Write for full particulars.

You will find our prices from 10 to 20 per cent lower than those of other houses, for we buy and sell more Diamonds than any other house in our line of business and carry a stock of nearly a million dollar's worth of loose and mounted goods. Please write to-day for our beautiful catalogue and our booklet which answers every question that you could possibly ask in regard to our prices, goods, terms and system. It is worth its weight in gold to any intending purchaser.

LOFTIS BROS. & CO.

Diamond Importers and Manufacturing Jewelers

Dept. E-73 92, 94, 96 and 98 State St.

CHICAGO, ILL., U. S. A.

Opposite Marshall Field & Co.

Copyright 1903, Loftis Bros. & Co.

NATURE CURES.

Dr. Carr, editor of *Medical Talk,* tells of the case of an old soldier of a wealthy family who was afflicted with a bad form of stomach trouble. It was called by physicians by almost every name in the medical lexicon that could be applied to any trouble thus located. He became a mere skeleton, was confined to his bed, and his death expected at any minute. While thus low, an old soldier encampment was held near his city. He was waiting to die, but wanted to see the old soldiers once more. At his earnest solicitation, but much against the advice of doctors and friends, he was taken on a bed to the camp. He smelled the coffee and meat at the camp, demanded some, had it and fell asleep, woke and demanded bean soup, which was given him. He refused to go home, stayed on the camp two weeks and went home improved and with a new hope and new stomach. He discharged all doctors, threw away medicine and relied upon nature. He made an astonishing recovery. Says Dr. Carr: "He is now hale and hearty and owes his existence to the fact that he broke away from everything in the nature of theoretical advice, medicine, and even dietary rules. It was nature that led him out of the quagmire into the light.

Nature would do this oftener if we would allow it. There are thousands of invalids who only need to believe in themselves, believe in their hearts, believe in their own vitality. This is all they need to get well again. A person thoroughly convinced that he is sick, thinks sick, acts sick, eats as if he was sick. This alone would make any one sick. To believe you are well, to insist upon it that you are *not* sick, goes a long way towards rescue from any chronic ailment. It is our confirmed conviction that a vast multitude of people are slowly dying from want of confidence in themselves. They need to obey the words of the Master, 'Take up thy bed and walk.' This is the message we are trying to bring to the world. But without faith this cannot be done. 'Thy faith hath made thee whole,' is what the Master said to one of his patients. 'Thy faith hath made thee whole,' is the secret of most cures. It is as true of those treated by drugs as of those treated by immediately appealing to their faith."

Experience shows that hard water is a common cause of indigestion when long continued, and in numerous instances its effects are almost immediate upon persons accustomed to the use of soft w ater who visit a hard-water district. The cause of its injurious effect on the stomach is attributable to the lime and magnesia contained in solution. These alkalies neutralize the gastric juice and thus cause indigestion.

The Latest, Most Useful and Cleverest Little Article Ever Invented

Glogau's Alcohol-Gas Stove....

for travelers, sick room, camp, chafing dish, light housekeeping, or wherever gas is not available or desirable. The very thing for the use of physicians for sterilizing purposes, etc.

It manufactures its own gas by first vaporizing the alcohol. It produces more heat than any other alcohol stove and consumes only one-eighth the amount of fuel. (2c worth of alcohol in an hour.) It is non-explosive. Burns smokeless, odorless, wickless. Has a reservoir holding 7 ounces of alcohol. It boils a quart of water in 9 minutes. Either wood or grain alcohol can be used. Used in the camps and hospitals of the United States, German, British and French armies and is the cheapest, safest and handiest alcohol stove ever put on the market.

Price $1, Express Prepaid

The Glogau Co., 17 Quincy Street, CHICAGO

Spookland

This is an illustrated book showing the methods employed by the bogus materializing mediums.

It also gives in detail the particulars of the public exposures of some of the best known materializing mediums.

Interesting and Exciting

The book is well written and is intensely interesting and exciting.

The author is Mr. T. S. Henry who exposed Mrs. Mellon, the noted English Medium, in Australia. Wm.T. Stead had claimed that Mrs. Mellon was the only genuine Materializing Medium in the United Kingdom.

The price of the book is 50 cents.

Sent with a year's subscription to SUGGESTION for $1.00.

Foreign subscription, $1.25.

ADDRESS THE

SUGGESTION PUBLISHING CO.

4020 Drexel Boulevard, - CHICAGO, ILL.

Publisher's Department

Advertising Rates The rates for advertising in SUGGESTION are $2.50 per inch per insertion; no discounts for space. Time discounts, three months, 10 per cent; six months, 15 per cent; nine months, 20 per cent; twelve months, 25 per cent. Size of page, 5x8. Preferred positions, 25 per cent extra.

In this department the publishers will comment from time to time on various articles of merit which will appeal to the readers of SUGGESTION. And, unhampered by the traditions of the editorial sanctum, the publisher will make remarks from time to time regarding frauds, fakes, quacks, and catch-penny schemes of fakirs, posing as doctors; and the whole black tribe of fraud, deceit, error and greed.

READERS interested in Vibratory Massage are requested to write to the Hygeia Vibratory Co., Chicago, for booklet.

* * * * * * *

DOCTOR, how is your buggy case? Would you not like to have a fine new one for $4.50? See what E. B. Marshall has to say about buggy cases.

* * * * * * *

THE Glogau alcohol vapor stove is the cheapest and best made, and we can personally recommend them; they are on a new principle. See the card.

* * * * * * *

MANY doctors are installing x-ray apparatus; before doing so write to N. O. Nelson, 176 East Randolph street, Chicago, and listen to their story.

* * * * * * *

PROF. SIMON of S-14 Quincy street, Chicago, will be pleased to forward free information concerning his mail course for physical culture. Read his card in this issue and see what you think of his idea.

* * * * * * *

THE Chicago Pure Food Co., S. 3983 Cottage Grove ave., Chicago, are selling nut foods for those having digestive troubles. Send for a sample package, and test the merits of nut foods. Find out yourself.

* * * * * * *

THE Health Culture people, 481 S. S. Fifth ave., New York, are asking you to send for their booklet, "Art of Being Well," about the internal bath. They have something that will be of practical value to the seeker after health. It costs nothing to find out. Don't be a clam.

* * * * * * *

THE Simplex Spirometer, 4020 Drexel boulevard, Chicago, is the latest invention for producing a broad chest and stronger lungs. If it is not satisfactory, the purchase price will be cheerfully refunded. This is guaranteed by the publisher of SUGGESTION. We have one in the office, and any friend that comes in is cordially invited "to blow himself."

* * * * * * *

THE Motzorongo people have had a party visiting the Mexican lands of the company, and all reports are more than favorable. Any one looking for investments should write for particulars. See the two-page advertisement in this issue. The company is thoroly reliable, and every dollar received will be honestly expended for the stockholder's benefit.

* * * * * * *

Those interested in advanced thought matters are invited to attend the free public meetings, held in the Sarah Wilde Pratt rooms, 87 Washington street, daily from 12:30 to 1; good speakers will make addresses on New Thought lines. A circulating library of liberal literature is also available—all are welcome.

* * * * * * *

Those who believe in a sound mind in a sound body will receive some practical ideas by simply addressing the Stone School of Physical Culture, 1667 Masonic Temple, Chicago. As there is so much said about the culture of the body now, why not look this subject up? Be posted on the great ideas of the day.

* * * * * * *

IF any one can read tne quarter page of Elizabeth Towne, Dept. 17, Holyoke, Mass., in this number without falling over himself in his eagerness to send her 50 cents, we would like to see his photo. We couldn't get a letter to her quick enough, and we already receive two copies of the Nautilus already thru the exchange list. Everyone

AFTER going through the several schools of medicine, practicing forty years, and seeking information along all lines and in all legitimate ways I am induced to concede—after taking three courses of instructions in Ophthalmology, as taught in the McCormick school—the banner to this method of treatment, as it more nearly approaches the true method of treatment and the philosophy of the cause of human ills than all other methods with which I am acquainted, and should be known and utilized by all who make any claim to practice the art of healing, as its application does not dissappoint when intelligently applied.

A. P. DAVIS, M. D.

Dr. Davis is a graduate of Rush (regular) and Pulte (homeopathic) colleges; also in Osteopathy and Ophthalmology (the latter at McCormick Optical College, Chicago), and author of "Osteopathy Illustrated," and is the originator of a Neuropathic system which supplants osteopathy, in his estimation.

Send postal for booklet explaining the methods used at the McCormick Optical College, 84 Adams St., Chicago, and see notice in Publisher's Department in this issue.

who has some kind of a thinking machine wants the Nautilus, and the offer of Elizabeth in this issue has more value to the square inch than a government bond. Have we said enough?

* * * * * * *

DR. SNYDER, Obesity Specialist, Masonic Temple, Chicago, was thinking about inserting a card in this issue. The publisher is not informed whether or not the doctor did, but anyway if you are interested in losing a few hundred pounds of adipose, write to the specialist for his literature, and you may be suddenly interested. Other people did, and you would not know them now—airy, fairy and sylph-like.

* * * * * * *

It may be news to some that memory can be strengthened and built up like the muscles. The study of memory training is fascinatng, and yet practical. If our readers would like to be posted on this subject mention SUGGESTION and send a postal to the Pelman Memory School, 1667 Masonic Temple, Chicago, and receive a copy of "Memory Training: Its Laws and Their Application to Practical Life," and a copy of "The Natural Way to Learn a Language."

* * * * * * *

IF ANY man or woman is ready to throw off the fountain pen bondage, send the publisher $3, ladies size, or $4, gentleman's size, and receive a self-filling pen. Send your favorite steel pen as a guide in selecting the gold pen point. If you do not love the self-filling pen in thirty days more than your mother-in-law, return and the money is yours. This pen will *not* leak, soil the fingers, roll off the desk, or kick up. There is one in our office and you couldn't part us with a government mule team. Talk about comfort! Don't stop to write a letter asking questions, but send the dollars—money back in a jiffy—the pens are just as good as wheat.

* * * * * * *

We are pleased to commend any system of therapy that works along natural lines. The McCormick Optical College, 84 Adams street, Chicago, is working along advanced lines, and will be pleased to send a handsome booklet to any inquirer. We quote from their booklet:

We have developed a system of treating human ills by rational methods, without the use of drugs or operations. Do not understand we mean *all* human ills. We do mean that about eighty-five per cent of all so-called diseases are not such at all, but are merely functional derangements, which we reach through the eyes, and a system of dietetics, hygienic exercise, and rest, thus removing the causes; Nature does the "curing." We dispute the proposition that any person or drug ever cured anything. They are sometimes the mediums through which results are accomplished, but because a person takes medicine and gets well is no proof the medicine even assisted, and whoever claims it must account for the numerous utter failures.

A young man may be a trifle sadder, but he certainly isn't any wiser when he calls to see his best girl and finds her out.

PHYSICAL CULTURE

Is interesting thousands today. Are **you** interested? If so, send us 50 cents, coin or stamps, and we will send you our **GOOD HEALTH MAGAZINE,** Physical Culture Edition, **with privilege of personal letters,** will make you a member of the International Health League one year, and will mail you our Pulmonary Tube for lung gymnastics. Fifty cents pays the bill. Address

GOOD HEALTH MAGAZINE,

453 S. Salina Street, Syracuse, N. Y.

FOR FIFTY CENTS

A Failing Memory

is the first evidence of mental decay. No matter what your position in life may be, a **good memory** cannot fail to be of inestimable value to you. It is absolutely necessary to success. The poorest memory may be developed and strengthened by proper training, just as the muscles of the body are developed and strengthened by a proper course of physical exercise. A poor memory may be made good, and a good one better, by

Pelman's System of Memory Training

Taught in six languages. Requires only a few minutes each day, and is so simple a child can readily master it.

Mr. Pelman's books, "Memory Training: Its Laws and Their Application to Practical Life," and "The Natural Way to Learn a Language," sent FREE, postpaid.

The Pelman School of Memory Training

1667 Masonic Temple, Chicago,

LONDON, 4 Bloomsbury St. W. C.; PARIS, Avenue de Neuilly 109; MUNICH, Mozartstr. 9; MELBOURNE, G. P. O. Box 402